



All parents wonder if they're getting it right.

You're not alone. Sometimes it's hard to tell what your child needs, what her behaviors mean and if you're doing right by him. Imagine what it might feel like if you could make sense of what your child is really asking from you.

Circle of Security™ Parenting is an opportunity to join other parents just like you, for an 8-week class where you'll learn to:

- Strengthen your relationship with your child
- Be present with your child during the best and toughest of times
- Recognize your child's needs and make sense of his or her behavior
- Meet your child's needs by being bigger, stronger, wiser and kind

Who should attend: The Circle is relevant to all age children. Most families who seek out Circle of Security will have at last one child, seven years old or younger.

Location: Offered virtually (online). All you need is an Internet signal and the link that we provide.

Dates and Time: To be announced. Participants agree to participate in the entire class.

Cost: There is no charge for this experience.

To Register: Email niki_maness@ncsu.edu to receive info and link.

Sponsored by: The Abbey of St. Thomas, Resources for Resilience™, Blue Ridge Partnership for Children, and Yancey County NC Cooperative Extension

