



Circle of Security®

PARENTING SERIES

At times all parents feel lost or without a clue about what our child needs from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting program is an **8 week program** based on years of research about how to best support and strengthen parent-child relationships. It is designed to help parents give their child a feeling of security and confidence so that their child can explore, learn, grow and build positive relationships. Parents who complete the class say their child is now more understanding of other's emotions, have stronger self-esteem, and have happier, more positive relationships with their parents and other children.

What's in it for me?

- Learn the importance of the parent-child relationship and how to keep it strong
- Learn how to manage your child's emotions and your own response to them
- Learn how to be the best parent you can be
- Learn how to "be present" with your child during the best and toughest of times

Presented by: Sheri Blaha, MS LIMHP, LPC

Location: 125 E 31st. Street Kearney, NE 68847
@ Center for Psychological Services, PC

Dates and time: Wednesdays, beginning April 12 (every Wednesday for 8 weeks) and ending May 31, 2017. **Time:** 5:30-7:00 pm

Cost: \$160 individual ... \$300 couple

To Register : Call Sheri at 308-730-1245 or email her at sblaha@centerforpsychsrvs.org . Spaces are limited. Register Today.

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INTERNATIONAL
Early Intervention Program for Parents & Children