



CIRCLE OF SECURITY PARENTING COURSE

Location: Piedmont Elementary School, Room 201- 2827 Chambersburg Ave

Session 1: Mondays Sept 30, Oct 7, 21, 28, Nov 4, 11, 18, 25

Session 2: Mondays Jan 6, 13, 27, Feb 3, 10, March 3, 10, 17

Session 3: Mondays April 7, 14, 21, 28, May 5, 12, 19, June 2

Time: 5:30-6:45 pm

Limited childcare spots available

Location: Myers-Wilkins Elementary School, 1027 N 8th Ave E

Session 1: Wednesdays Oct 2, 9, 16, 23, 30, Nov 6, 13, 20

Session 2: Wednesdays Jan 8, 15, 22, 29, Feb 5, 12, 26, March 5

Session 3: Wednesdays March 19, 26, April 16, 23, 30, May 7, 14, 21

Time: 12:30 - 2:00 pm

Childcare is not available at this time

Commitment to attending the course is important as each class builds upon the other.

Who can attend: Anyone caring for children is welcome to attend! COSP has been highly valued by parents, grandparents, teachers/school staff, childcare providers, foster parents, and more!

Seats are limited. Registration can be found at duluthcommunityed.org Please email sharie.blevins@isd709.org or call 218-336-8815 with any questions.

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. The sessions are practical skills-based, using video clips, discussion, and handouts to explore children's emotional needs and build parents' ability to respond sensitively to those needs.

You Will Learn To:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem



Lynn Henderson is a mother of four, and a registered Circle of Security® Parenting™ facilitator. She completed a Masters degree in Family Science, and works as an Early Childhood Teacher and Parent Educator for the ECFE program at ISD 709.