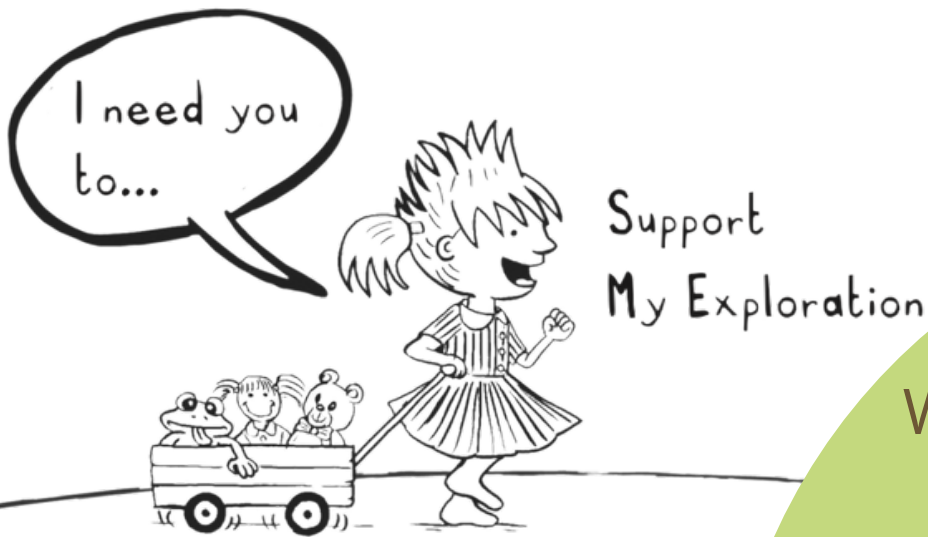


# Circle of Security

For Parents with children birth-5 years



Imagine what it might feel like if you were able to make sense of what your child was really asking from you.



Learn how to help your child feel safe, regulate their emotions, and build their self-esteem.

## When:

Wednesday's 5:30-7:30 PM  
Begins January 24, 2024  
for 8 sessions

## Where:

Family Resource Center  
2500 NE Twin Knolls Dr. #130,  
Bend

**Cost:** Free

To reserve your space:  
**541-389-5468** option 2

Childcare & Food Provided!



**FAMILY RESOURCE CENTER**

of Central Oregon

