



# Circle of Security

*For parents with children  
birth-5 years old*



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

**No cost registration**



**Tuesday  
Feb 4 - Mar 25  
2025**



**5:30-7:00pm**



**Held on  
Zoom**



I am passionate about giving children, youth, and adults spaces to grow and thrive in their own powerful ways. I love creating spaces where all are seen, heard, understood, accepted, valued, and appreciated



**FAMILY RESOURCE CENTER**  
of Central Oregon

