

# CIRCLE OF SECURITY

For parents with children birth-5

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.



Wednesdays

March 4 -  
April 22,  
2026

12pm - 1:30

In - Person

Family Resource  
Center

2500 NE Twin Knolls Dr.  
#130  
Bend, OR

Free

REGISTER



541-389-5468  
option 2

Lunch and childcare provided!



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

