



PROGRAM

Building Blocks Therapy is excited to be facilitating the Circle of Security Parenting™ program. Based on years of research, Circle of Security Parenting™ seeks to strengthen attachment relationships between caregivers and children.

While the program predominantly focuses on infants and younger children, the concepts discussed are suitable for caregivers of children of all ages.

This program:

- Helps caregivers to build a stronger and more secure attachment with their child.
- Provides a map of attachment to help caregivers understand and meet their child's needs.
- Introduces tools for caregivers to help their children learn to manage their emotions.

Principles of the program include:

- All caregivers want what is best for their children.
- Learning, including therapeutic change, occurs from within a secure base relationship.
- Secure attachment relationships with caregivers are a protective factor for infants and pre-schoolers, setting the foundation for social competence and promoting effective functioning of the emotion regulation and stress response systems." Circle of Security- Circle of Security International

DETAILS

TIME: 7.30 - 9PM

FREQUENCY: 8 weekly sessions

LOCATION: Telehealth - Teams Meeting

Please contact our clinic to receive a service agreement with pricing information.

