



Family Resource Center Offers the Circle of Security® Parenting™ Program



"Often our children's needs are hidden in plain sight."

- Bert Powell
Co-originator, Circle of Security

The Circle of Security Parenting program is a researched-based program that supports and strengthens a parent or caregiver's ability to understand and respond to a child's emotional needs.

Through video examples, handouts, and reflective dialogue, caregivers will explore their parenting and attachment experiences in a safe environment and build parenting skills to encourage healthy growth and development.

Circle of Security will be facilitated by trained COS-P facilitators Kim Townsend, FRC Parent Educator, and Amy Yarbrough, MSW.

DATES & LOCATION

Thursdays, February 12, 19, 26, March 5, 12, 19, and 26.

6:30 - 8:00 pm

At the Family Resource Center (FRC)
Charter Oak International Academy
425 Oakwood Avenue, West Hartford

IMPORTANT INFORMATION

Parents and caregivers of children of all ages are invited. Childcare will be provided for ages 3 and up. Class is limited to 10 participants.

Fee: \$10

Please make checks payable to
"Bridge Family Center"

[Register](#) by scanning the QR code:

Registration deadline:
February 9, 2026

For more information, please call the FRC at 860-929-5575.



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The FRC is a program of the Bridge Family Center.
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