

Strides Toronto presents

Circle of Security Parenting® Program

Enrolling for Winter 2025/26

*Many parents wish children came with instructions.
You're not alone. **We have a program for you!***

The **Circle of Security Parenting® Program** can help you strengthen your parent-child relationship and gain confidence to better understand and support your child, especially during times of upset or distress.



This FREE 8-week virtual group will enhance your ability to support your child to achieve increased calmness, cooperation, and effective communication. You will gain knowledge and a deeper understanding of how behaviour and connection can impact your relationship with your child. As a caregiver, you will understand the importance of building a secure relationship with your child and help them to know that they can turn to you for support when confronted with difficulties or challenges.



WINTER GROUPS

For parents of a child aged 4 months to 6 years

- Option 1) **Wednesday Evening Group**
6:30pm – 8:00pm • January 14 – March 4, 2026
- Option 2) **Thursday Morning Group**
10:00am – 11:30am • January 15 – March 5, 2026
- Location Virtual through Zoom
- Duration Group runs for 8 consecutive weeks plus one **individual feedback session.**

Registration Closes on December 10, 2025



To start an intake process or learn more, scan the QR code, or call 416-438-3697 and select option 3 for Mental Health Services.

