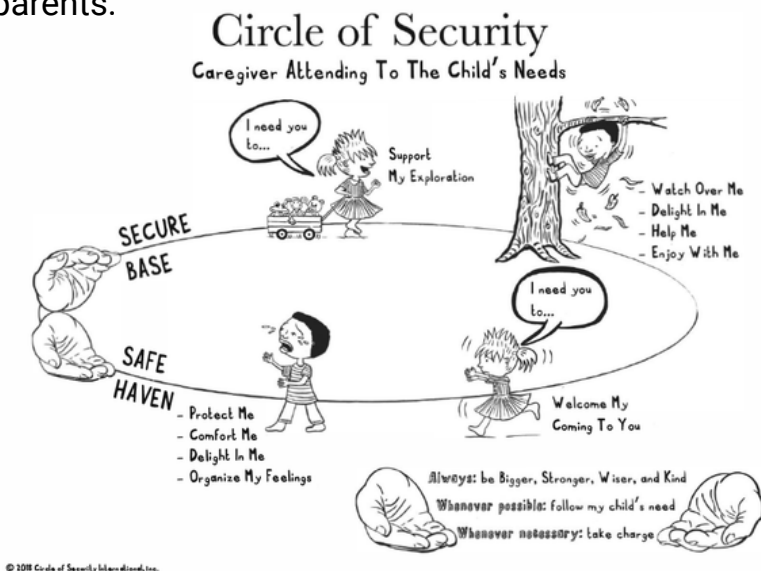


Circle of Security Parenting Group

Be Bigger, Stronger, Kinder, and Wise Parents

Circle of Security (COS) is an evidence-based parenting approach that helps caregivers better understand their child's emotional needs and behavior. This group offers practical tools for strengthening the parent-child relationship, supporting emotional growth, and creating a sense of safety and connection, leading to greater confidence for children and more satisfaction for parents.



Group Information

Date: Wed, April 22 - June 10

Time: 5:00 PM - 6:00 PM

Location: Zoom Meeting

Facilitator: Mary Linn, MS, LP, IMH-E® (111)

Format:

- 8 weekly sessions
- One hour each
- Interactive education, videos, and guided discussion

Who Should Attend:

This group is for parents and caregivers of **children of all ages** who want to build stronger relationships, better understand their child's emotional needs, and gain practical tools for supporting behavior and emotional regulation. Participants will learn alongside other parents in a supportive, interactive group setting.

Referral & Registration:

For children who are current CMMHC clients, caregivers will need a brief Comprehensive Evaluation for insurance billing. Our team will assist caregivers with getting established as needed, please call 320-230-0611 for support. If the parent or caregiver is already an established client, referrals may be made directly to the group.



To learn more about this program, watch this short Circle of Security introduction video to see if this group may be a good fit for you.