

# Circle of Security Parenting Group

The Center for Early Relationship Support<sup>®</sup>

Does your child sometimes behave in ways that make you feel angry, sad, ashamed, or confused?

Circle of Security- Parenting (COS-P) is a FREE parenting support group that can help you better understand what your child needs in these moments and how to best respond.

## The COS-P Parenting Group will help you to:

- **Understand** your child's emotional world by learning to see their emotional needs.
- **Enhance** the development of your child's self-esteem.
- **Shift** the dynamic in your relationship with your child for years to come.
- **Support** your child's ability to successfully manage their emotions.

This group meets once a week for eight weeks remotely on Zoom.

## Recruiting Families Now!



**FIRST STEPS TOGETHER**  
FAMILIES IN RECOVERY SUPPORT



**SAMHSA**  
Substance Abuse and Mental Health Services Administration

**To register for the group or to learn more, please contact us at [CERSIntake@jfcsboston.org](mailto:CERSIntake@jfcsboston.org) or 781-693-1200.**

**An intake will be required prior to enrollment.**