

Fragile Beginnings Circle of Security Parenting Group

The Center for Early Relationship Support®

The Oliver, Ian, and Serenity Wolk Fragile Beginnings program is committed to improving the lives of parents of premature infants and other infants who have had a stay in the Neonatal Intensive Care Unit (NICU).

Circle of Security Parenting offers a relationship-based approach to help you better understand and respond to your baby's needs. This free support group will also provide special attention to the unique challenges faced by parents of premature infants or those whose babies have spent time in the NICU, acknowledging the early experiences and stressors that can influence your baby's development and emotional needs.



About the Group

- The group meets once a week on Thursdays for eight weeks.
- Participants receive a \$20 gift card after completing a closing interview

Dates: 4/23 - 6/11, Thursdays

Time: 9:00 - 10:30 a.m.

Location: Online via Zoom



**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 or 781-693-1200.**