



CIRCLE OF SECURITY PARENTING

FREE 10-WEEK PROGRAM

Parents are invited to join our free 10-week parenting program that will help you:

- learn how to recognize your infant's needs and better understand their behavior
- be supported as a parent and gain ideas on how to make parenting easier
- begin to understand your own reactions to your infant's behavior

This program is designed to help you understand and respond to your infant's needs, and as a result, creates a better relationship.

TIME: 12 p.m. - 1:30 p.m.

DATES: Thursdays, February 15, 22, 29;
March 7, 14, 21, 28; April 4, 11 and 18

LOCATION: Middlesex Health Pregnancy and Birth Center
28 Crescent Street, Middletown

Registration is required.

To register and for more information,
call **Brittney West** at **860-358-4825**.

GROUP IS FOR:

- + First-time parents
- + Pregnant moms
- + Parents with children under six months old



M+ Middlesex
Health
Beit Paley Center