

Circle of Security Parenting Group

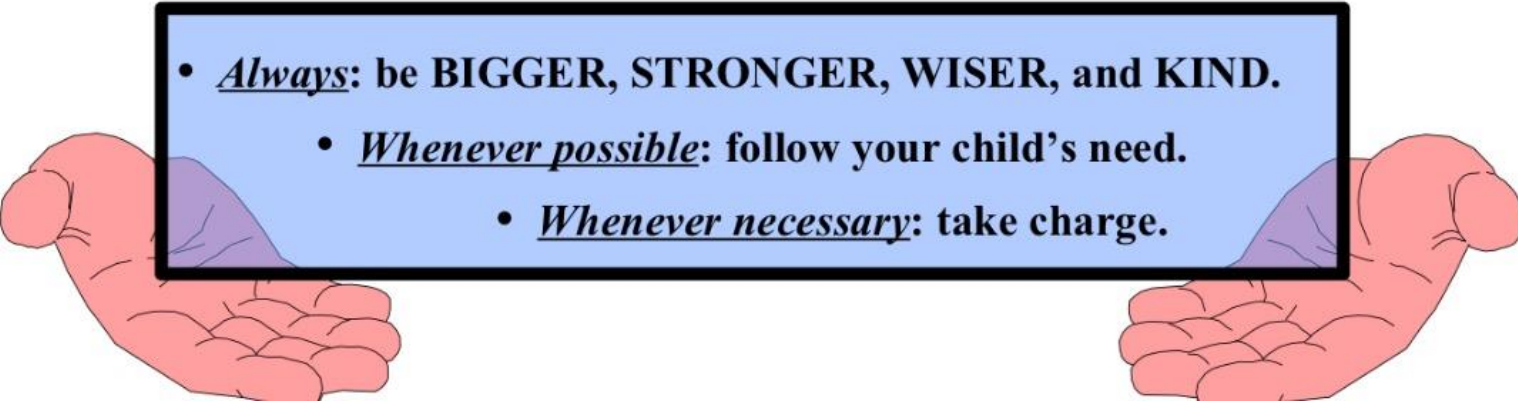
(Almost)

Everything I Need to Know

About Being a Parent

in

25 Words or less

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- Always: be **BIGGER, STRONGER, WISER, and KIND.**
 - Whenever possible: follow your child's need.
 - Whenever necessary: take charge.

*Courtesy of the Circle of Security website

Where: Northern Lights Regional Health Centre – 5th Floor Conference Room B
7 Hospital Street

When: Wednesdays; Starting January 17 – March 21, 5:00-7:00pm

Childcare available on site for Children under 10 years of age.

Registration is required, but the sessions are free.

To register, please contact Rebecca Ings at

Rebecca.Ings@rmwb.ca or (780) 743-7914