
Have you heard of Circle of Security Parenting?

The Circle Of Security Parenting Programme helps you to create a secure base from which children and young people can explore, develop independence, and feel supported with life's challenges.

We will be offering a free 6 week course via zoom which will assist parents to:

- learn to confidently approach difficult conversations with your children
- help your children to express what is going on for them and manage their intense emotions
- understand what is driving your children's challenging behaviour and how you can help them to be more in control of their behaviour choices
- manage your triggers and come back to feeling patient and calm

If you are a parent living in West Essex and would like to refer you can do so via our online form at www.yctsupport.com/refer

If you have any questions you can call our office on 01279 414090

