

CIRCLE OF SECURITY®

Parenting Group

Please join us for a free six-week group in a supportive environment.

Together, we'll learn how to:

- » grow positive relationships
- » build confidence as parents
- » understand emotions and behaviours
- » help children manage emotions

This group is for pregnant people.

First-time parents and partners are also welcome.

Childminding is available.

Thursdays (April 18-May 23) • **5:30-7:30 pm**

Birth Centre • 603 St. Mary's Rd

Registration is required. To register or for more information contact:

☎ 204-947-2422 ext. 113
1-866-947-1517

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women's
health clinic