



The New York Foundling's Circle of Security Parenting Program

A group-based program teaching participants to parent with wisdom and growth

Using the Circle of Security model, this free 8-week group program trains parents in ways to support and strengthen relationships with their children. Participants meet weekly in an intimate group to reflect, share, and learn with one another and with trained facilitators. Groups may be held via telehealth or in-person.

Parents will learn how to protect and nurture their children, while fostering their independence. They'll gain tools to understand their child's behavior, support their child in managing their emotions, and help them develop self-esteem.

ELIGIBILITY

- Must be a birth parent, foster parent, or caregiver
Those with young children (0-8 years of age) will benefit most from the program; however, parents with children of all ages are welcome to join.
- Must be able to commit to an **8-week program**, meeting for 1.5 hours per week

BENEFITS

Upon completing the program, participants will:

- Understand their child's emotional world
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honor their own wisdom and desire for their child to be secure



WHAT IS CIRCLE OF SECURITY?

The Circle of Security program model draws on decades of attachment theory research to help parents connect to and create secure attachment with the children in their lives.

Through reflection on personal experiences and empathetic discussion, the model supports caregivers in recognizing that:

- Secure attachment relationships with caregivers in infancy and early childhood provide a foundation for success throughout life. Conversely, a lack of secure attachments may contribute to emotional and mental health challenges later in life.
- Attachment relationships can be improved! All caregivers want what's best for their children, but sometimes struggle to understand and respond to their child's needs.
- Identifying what challenges arise when meeting their child's needs can help build their capacity to respond in ways that help their child feel secure and supported.

This program meets requirements for ACS mandated parenting courses and annual recertification hours for foster parents.

LEARN MORE AND ENROLL:

Contact us for more info:

COSP@NYFoundling.org | 917-485-7280