

CIRCLE OF SECURITY PARENTING

Have you ever felt lost or without a clue on what your child might need from you? Imagine what it might feel like if you were able to make sense of what your child was really asking of you! Join TRAC Services for Families for a program based in decades of research about how secure parent-child relationships can be supported & strengthened!

**Saturdays, September 13-November 8, 2025
10am-11:30am**

1600 W. Carson St. Pittsburgh, PA 15219

LEARNING OBJECTIVES

Understand your child's emotional world by learning to read their emotional needs

Support your child's ability to successfully manage emotions

Enhance the development of your child's self esteem

Honor your innate wisdom and desire for your child to be secure



TO REGISTER:

Space is limited. Please
RSVP to Renee Schmitzer by
September 10, 2025
rschmitzer@tracpgh.org
412-471-8722 ext. 245
There is no cost to attend

This program is designed for those parenting children between the ages 4 months to 6 years old. Parenting outside of that range? Please contact **Renee Schmitzer** to discuss if COSP is the right fit!

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IS CIRCLE OF SECURITY RIGHT FOR YOU?



Are you...

- Looking to increase your confidence when it comes to parenting?
- Working to strengthen your relationship with your child?
- Potentially welcoming children into your home through foster care, kinship care, or adoption?
- Wanting to better understand how your life experiences impact your parenting choices?
- Hoping to better manage your emotions when interacting with your child?

**If you answered yes to any of these questions,
Circle of Security might be the right fit for you!**

Questions? Please contact Renee Schmitzer at
rschmitzer@tracpgh.org or 412-471-8722 ext. 245



**FOR MORE INFORMATION ON,
CIRCLE OF SECURITY, TRAC &
THEIR SERVICES, PLEASE VISIT
WWW.TRACPGH.ORG**

