

# 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!

## 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

**WEDNESDAYS 7:30PM-9PM**  
**3/18/26 TO 5/6/26**

This course will run virtually through Zoom. Access to a working camera & microphone is required.



## TO REGISTER:

Space is limited. Please RSVP to Candice Robinson by **February 23, 2026**  
crobinson@tracpgh.org  
412-471-8722 ext. 226

Caregiver's insurance will be billed. An **in-person intake** is required. TRAC accepts most major insurances.



Unsure if COSP is right for you? Scan to learn more about who might benefit!

