

YORK UNIVERSITY PSYCHOLOGY CLINIC



Circle of Security Parenting Workshop!

The York University Psychology Clinic is pleased to offer a parenting workshop

The circle of security parenting workshop is based on decades of infant and child attachment research. It is designed to support parents in being stronger, wiser, and kind in providing a secure base for their children to explore the world. The workshop will help parents learn to follow their children's lead, while also being confident to take charge whenever necessary. We believe that empowering parents is the key to fostering well-being in their children. If interested, please take a look at the following website for a short video clip detailing the principles the workshop is based upon:

<https://www.circleofsecurityinternational.com>

This workshop is appropriate for **parents of infants and young children**, but many former participants have remarked it can be very helpful for general relationship literacy!

The **lunchtime workshop** is an 8-week program led by Dr. Yvonne Bohr (registered child psychologist), Murette Abdelmaseh & Veerpal Bambrah (doctoral students), that will run **each Wednesday over lunch hour (12:00pm to 1:00 pm) starting on March 22nd, 2023**. Group sessions will be held virtually using Zoom for Healthcare.

The cost is \$200.00 for the **series of 8 classes**, though we are happy to offer free participation to clients experiencing financial hardship.

**If interested, please visit the following website for more information & to provide your contact information

https://yorkufoh.ca1.qualtrics.com/jfe/form/SV_bJFjsGRELn3pSp8



Interested families can also call the York University Psychology clinic at 416-650-8488 or email yupc@yorku.ca.

York University Psychology Clinic Room 104, Behavioral Science Building
Telephone: 416 650 8488 Confidential Fax: 416 650 8489 e-mail address: yupc@yorku.ca www.yorku.ca/yupc

The York University Psychology Clinic (YUPC) is a state-of-the art community mental health and training centre associated with the Department of Psychology in the Faculty of Health at York University. The clinic provides a range of leading edge, effective mental health services to keep people of all ages living healthy, productive lives.