

Community Education Service



Improving emotional health and wellbeing

Intro to Circle of Security

**Jan McInnis, Program Facilitator,
Families Matter**

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively when compared with children who are not secure. Please join Jan for a 1-hour session that reviews some of the key concepts from the Circle of Security attachment-based parenting program.



**April 28, 2026
12:00 PM – 1:00 PM**

[Click here to register](#)

FREE



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **Families Matter**.

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