

# Empower Your Parenting Journey!

Strengthening bonds in families who have experienced gender-based violence



## Circle of Security Parenting Program

- Thursdays - February 5- March 26, 2026
- 10:00 am- 11:30 am
- Safety and Support Hub-  
21 Hunter St. East Unit 103 Hamilton

## What You Will Get

- Practical parenting techniques ✓
- How to create healthy attachment ✓
- Building strong family bonds ✓

## Register:

Email:  
[preventionhub@ywcahamilton.org](mailto:preventionhub@ywcahamilton.org)

