

# Empower Your Parenting Journey!

Strengthening bonds in families who have experienced gender-based violence



## Circle of Security Parenting Program

- Thursdays (8 weeks)- February 5- April 9 2026
- 10:00 am
- Safety and Support Hub- 21 Hunter St. East Unit 103

## 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)

