



# Circle of Security Parenting

A research-informed, relationship-centered program designed to strengthen secure connections between caregivers and children.



---

## Program Overview

Circle of Security Parenting (COSP) is grounded in decades of attachment research. This structured eight-session program helps caregivers better understand their child's emotional needs — and their own responses in moments of stress. Through guided reflection and facilitated discussion, participants build insight, confidence, and practical tools that support lasting relational security.

## Who It's Ideal For

- Parents seeking deeper understanding of their child's emotional world
- Families navigating developmental transitions or behavioral challenges
- Caregivers experiencing stress, change, or uncertainty
- Schools and organizations supporting family engagement

## What Participants Gain

- Greater confidence in responding to emotional needs
- Clarity about attachment and stress patterns
- Practical strategies for regulation and repair
- Shared language for connection
- Tools that promote long-term resilience

## Program Format

- Eight 2-hour sessions
- Small-group cohort format
- Research-based video materials
- Guided reflection and facilitated discussion
- Confidential and supportive environment

## Partnership Opportunities

Circle of Security Parenting can be offered through schools, nonprofits, and community organizations as part of family engagement or caregiver support initiatives. Custom scheduling and group options available.

## Delivered by Ignite Your Change

Facilitated by Sarah Fortin, ICF Professional Certified Coach (PCC) and certified Circle of Security Parenting facilitator, this program creates a grounded, reflective space where insight becomes action — and growth becomes sustainable.



---

## Program Inquiries & Partnerships

Ignite Your Change partners with schools, nonprofits, and community organizations to deliver Circle of Security Parenting cohorts and caregiver programming.

In addition to school and nonprofit partnerships, private small-group cohorts and curated parent circles are available upon request.

### **Sarah Fortin, PCC**

CEO, Ignite Your Change

Certified Circle of Security Parenting Facilitator

[SarahKFortin@iycllc.com](mailto:SarahKFortin@iycllc.com)

[www.iycllc.com](http://www.iycllc.com)

Ignite Your Change | [www.iycllc.com](http://www.iycllc.com)