

- MHA-NYC is a nonprofit organization with local roots and a national reach that for over 50 years has been leading the way in mental health with a three-part mission of service, advocacy, and education.
- Every year MHA-NYC reaches over one million people nationally with mental and behavioral health challenges through high quality innovative programs.
- We provide state-of-the-art crisis services through public partnerships with the city, state, and federal government.
- We administer national networks of crisis call centers funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), including the National Suicide Prevention Lifeline.
- We oversee NYC Well, a comprehensive cutting edge contact center program that uses state-of-the-art telephone, text, and web based technologies to respond to the mental health needs of tens of thousands of New Yorkers, 24 hours a day, seven days a week.
- With our Adolescent Skills Centers, Family Resource Centers, preventive service programs and recovery oriented services our trained peers and professionals provide adolescents, adults, older adults, and entire families with the tools and skills necessary to get back on track and lead healthy and fulfilled lives.



The Circle of Security Parenting Series

*Making a difference in
the lives of children and families*

The Circle of Security Parenting Series
is a program of MHA-NYC.



Circle of Security Parent Coaching Department
646.532.3545



Are you stressed by the constant needs of your children? The Circle of Security® Parenting (COS) Series can help you.

What Can You Learn at COS?

- How to better understand and respond to your child's emotional needs
- Help your child manage his or her feelings and behaviors
- Help build a stronger relationship with your child
- How to support your child's growth and development so they live up to their potential

How The COS Parenting Series Works

Circle of Security is an eight session parenting series geared for parents and caregivers of children ages 0–5.

The series aims to help parents and caregivers be the best of themselves for their young children.

The Circle of Security parenting series involves group-based sessions with other caregivers and is based on years of attachment research about how secure parent-child relationships can be supported and strengthened.

Classes stress the importance of parents forming secure attachments with their children by focusing on the caregiver and child interactions; being responsive to their child's needs; and reflecting on their parental strengths and challenges.



In each group session parents and caregivers watch and discuss videos of parents and their children in different real life situations.

Each session is 90 minutes long and all participants receive a Certificate of Completion at the end of the eighth session.

Metrocards as well as light and healthy refreshments are provided during each session as well as on-site childcare as needed.

How to Sign Up

The COS Parent Coaching Department holds Circle of Security classes in the Bronx, and in Harlem at a number of settings, including those that house Early Head Start programs, Community Centers, WIC Centers and other community based organizations.

Classes are available in English or in Spanish.

If you would like to register for a class or would like to have a class start at your site, please contact the COS Parent Coaching Department at 646.532.3545 or pcd@mhaofnyc.org.

