



# 23-24 CALENDAR OF PROGRAMS

## FALL

### Community Baby Shower

All expectant families are invited to celebrate their new arrival at this event. Information, resources and free gifts for everyone! Join us to learn about supporting early infant development, connecting with your baby, early literacy, baby care & nutrition and more!

**Cragin Library, October 11th at 6:30-8:00PM**

### Conscious Discipline Workshops

Transform everyday discipline issues into teachable moments, equipping children with the social-emotional and communication skills needed to manage themselves, resolve conflict and develop healthy behavior.

A different topic each week.

**Wednesdays, Oct 4 - Nov 15, 9:15-10:45AM**

**In-person with free childcare**

### Monthly Stroller Walks on Airline Trail

### Joyful Noises and Baby & Me

Child & Parent/Caregiver enjoy stories, music & movement together.  
Baby & Me (Mon), Joyful Noises (Mon, Thurs, Fri)

**Play & Learn Groups begin September 25th**

### Village Support Group

Make meaningful connections, learn and grow together & receive the support you need to be the best YOU for your family!

**Thursdays, Sept 28 - Dec 7, 7-8PM**

**(Virtual - Via GoogleMeet)**

### Circle of Security

Learn to make sense of what your child is really asking from you, based on decades of research about how secure parent-child relationships can be supported and strengthened.

**Tuesdays, Oct 17 - Dec 5, 6:00-7:30PM**

**In-person with free childcare**

## WINTER

### People Empowering People

An innovative personal and family development program with a strong community focus, designed to build on the unique strengths and life experiences of the participants.

**Wednesdays, Jan 24 - March 27, 9-11AM**

**In-person with free childcare**

### Village Support Group

Make meaningful connections, learn and grow together & receive the support you need to be the best YOU for your family!

**Thursdays, Jan 11 - Feb 22, 7-8PM (virtual)**

### Monthly Stroller Walks on Airline Trail

### Joyful Noises and Baby & Me

Child & Parent/Caregiver enjoy stories, music & movement together.  
Baby & Me (Mon), Joyful Noises (Mon, Thurs, Fri)

**Play & Learn Groups begin January 8**

### Flip It Workshop Series

A strategy that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day to day challenging behavior.

**Mondays, Feb 26 - March 25, 6:00-7:30PM**

**In-person with free childcare**

## SPRING

### Joyful Noises and Baby & Me

Child & Parent/Caregiver enjoy stories, music & movement together.  
Baby & Me (Mon), Joyful Noises (Mon, Thurs, Fri)

**Play & Learn Groups begin March 11th**

### Conscious Discipline Workshops

Transform everyday discipline issues into teachable moments, equipping children with the social-emotional and communication skills needed to manage themselves, resolve conflict and develop healthy behavior.

A different topic each week.

**Tuesdays, April 16 - May 28, 6:00-7:30PM**

**In-person with free childcare**

### Village Support Group

**Thursdays, March 14 - May 23, 7-8PM (virtual)**

### Flip It Workshop Series

A strategy that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day to day challenging behavior.

**Wednesdays, April 24 - May 22, 9:15-10:45AM**

**In-person with free childcare**

### Monthly Stroller Walks on Airline Trail

**All programs are FREE.**

**To register, go to [ColchesterC3.jumbula.com](http://ColchesterC3.jumbula.com)  
or visit [ColchesterC3.org](http://ColchesterC3.org) to learn more!**

