

FALL SESSIONS BEGINNING SOON!
Village Parenting Support Groups

Thursdays, September 29 - November 17th , 7-8pm
Free & Virtual via Zoom

Wednesdays, October 12 - November 30, 9-10:30am
In person with free Childcare

Come make meaningful connections, learn and grow together, and receive the support you need to be the best YOU for your family! Meet with other caregivers for an hour each week for discussion focused on empowering you in your parenting journey. Topics include emotions, stress, self-care, balancing life's demands, relationships with co-parents and more.

Facilitated by Joy Lenares, Family Empowerment Facilitator



**Growing
Stronger
Together**

Register for FREE at:
ColchesterC3.jumbula.com/#/caregiver-programs