

***FOLLOW US FOR PROGRAM REGISTRATION,
RESOURCES AND HELPFUL PARENTING INFORMATION!***



Collaborative for Colchester's Children



ColchesterC3

Email C3info@ColchesterCT.org



Register to join our email list and complete the
Family Survey! You'll be entered in our
\$30 Stop & Shop gift card drawing!



ColchesterC3.org



Looking for things to do with your child?



**Sparkler is a FREE mobile app that helps
parents to check in to see how their child
is doing on key milestones — and
provides activities to spark their early
learning. Ages 0 to 5.**

Download the app and use this code: ColFamily

Join our Email list to be notified when Program Registration begins!

Wondering what C3 is all about?

FAMILY PROGRAMMING

Weekly Play & Learn Groups (Fall, Winter, Spring)

Baby & Me (up to 18 months)

Joyful Noises (Ages 18 months - 5 years)

Child & Parent/Caregiver enjoy playtime, stories, crafts, and music & movement with each other. Time together promotes family connection, mindfulness, early literacy, and self-regulation skills through leadership and modeling by our class facilitators.

PARENT EDUCATION

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.

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.

Circle of Security Parenting

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 & strengthened.

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.

Brain Behavior Connection, Understanding Temperament, Your Journey Together®, Build Your Bounce - Resilience®

FAMILY EVENTS

Community Baby Shower

Expectant families are invited to celebrate their new arrival at this event. Information, resources and free gifts for all!

Joyful Noises

on Saturdays at Cragin Library

Self-care Events for Caregivers

Family Stroller Walks & Hikes

Nature activities at the StoryWalk at Ruby Cohen Woodlands



**Growing
Stronger
Together**

All programs are FREE.

**To register, go to ColchesterC3.jumbula.com
or visit ColchesterC3.org to learn more!**

