

# DE-STRESS & ENJOY!

Practical tips and strategies to reduce stress in your family during the winter holidays.

Collaboration between Early Childhood Partners of Hamilton-Wenham & Manchester and the Hamilton-Wenham Library

## Lunch time Parent Workshop!

Bring a lunch and bring your toddler. We will have blocks, books, and other toys in the same room as the workshop so that you can bring your child.



**When:** Monday, 12/5/16, 12:15pm to 1:15pm

**Where:** Hamilton-Wenham Library, 14 Union Street

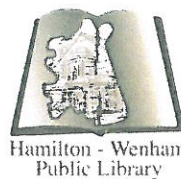
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## REGISTRATION REQUIRED

Register by phone, online at [www.EarlyChildhoodPartners.weebly.com](http://www.EarlyChildhoodPartners.weebly.com)

Facilitated by Maura Letourneau. Certified Trainer of Positive Solutions and the Pyramid Model (Center for Social and Emotional Foundations in Early Learning), Behavior Consultant, and Classroom Coach.

Early Childhood Partners, serving families with children aged 0-8, is your local CFCE. Funded by a grant from the Massachusetts Department of Early Education and Care, we provide FREE playgroups, parent workshops, developmental screenings, community resources, and child care referrals.



Funded by a grant from the Massachusetts Department of Early Education and Care awarded to Hamilton-Wenham RSD. The district does not discriminate in its programs, activities, or employment practices based on race, color, national origin, religion, gender, gender identity, sexual orientation, age or disability.