

Free



Brain Builders

Sign up for our Upcoming Brain Builders Brunch & Learn Workshops!

*Join a 6 Week Workshop Series
for Parents/Caregivers of
Infants & Toddlers*

Coming Spring Semester 2025 to



**During our 1.5 hour long workshops you'll have
the opportunity to:**

- **Meet & connect** with other parents/caregivers
- **Reduce** your stress
- Learn strategies to help build a **strong foundation** for your child

Schedule: Thursdays 10:30 AM - Noon

HCC Southeast College

6815 Rustic St. Houston, TX 77087

Feb 6th: Brain Building

Feb 13th: Managing Stress

Feb 20th: Building Resilience

Feb 27th: Creating Attachment

Sign Up TODAY!



@brainbuildershtx



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brainbuilders.org



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