



**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 **HCC**



**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**

**Mar 6th: Developing Language**

**Mar 20th: You Are the Key!**

**Sign Up TODAY!**



@brainbuildershtx



Brain Builders



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