



COMMUNITY ACTION  
FAMILY CENTER

# TEA & TODDLER

## *Caregiver Club*

FRIDAYS

11:30-12:30PM

Join us in an intentional self-care space  
for caregivers of toddlers  
(children ages 18 months-5yrs).

While you take a breath (and a break!)  
with other caregivers and our facilitators,  
your terrific toddler can engage in  
playgroup in our playroom (snack  
included).

Light refreshments provided.  
Transportation supports available

For more information call 413.475.1555