

Harwich Youth and Family Services
invites you to attend

Parent Workshop Series



Parenting BIG Feelings

Thursday, Nov 16

We all have them. Kids and sometimes teens need some help learning the skills to manage them. Knowing how to stay cool and respond instead of reacting is what we'll be chatting about here.

Navigating Serious Talks

Thursday, Jan 18

Those really hard topics to talk about are some of the most important. It's not easy, and you're not alone. Come see!

Grandparents Having the Tough Conversations

Tuesday, March 5

Are you raising a grandchild or helping to raise grandchildren? Would you like some tips to make things a little easier? We've got some ideas for you!

Crafting a Solid Foundation in a Parent-Child Relationship

Thursday, April 25

Just like for a house, a solid foundation in your relationship with your child makes all the difference! Come hear some ways to strengthen your foundation!

Is That REALLY a Big Deal? A Panel Discussion

Thursday, May 16

We'll be closing out this workshop series with a panel presentation about some of the big challenges our youth are facing and how we can support them to make it through.

**All chats held in the library at The 204
from 6:00PM-7:00PM**