

**Harwich Youth and Family Services**  
invites you to attend

# **Parent Workshop Series**

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**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**