

# *Is parenting stressing you out?*



## The CALM Connection

**Are your child's strong passionate emotions depleting your energy?**

The CALM Connection is a six week parenting group that provides opportunities for parents-caregivers and children to strengthen their relationship, reduce stress and increase their awareness and understanding of social emotional learning.

**Parenting is hard work** and it is common to feel confused or uncertain about your child's development, especially their social and emotional development.

The information and strategies provided in the **CALM Connection group** will help support parents in laying the foundations in developing critical skills that their children will need for lifelong learning and opportunities.

**Group Sessions:**

Zoom

**April 10 to May 15, 2021**

**Saturdays 9:30 to 11:30**

**Please register:**

by April 2, 2021

class size is limited

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**Community is  
Welcome**

