

Is parenting stressing you out?



The CALM Connection

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

The CALM Connection is a seven 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:

via: Zoom

**January 8 to February 19,
2022**

Saturdays 9:30 to 11:30

Please register:

by January 3 , 2022
class size is limited

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