

**SPRING SESSION BEGINNING SOON!**  
**Village Parenting Support Group**

**Thursdays, March 31st - May 26th, 7-8pm**  
**Free & Virtual via Zoom**

**Come make meaningful connections, learn and grow together, and receive the support you need to be the best YOU for your family! Meet with other caregivers for an hour each week for discussion focused on empowering you in your parenting journey. Topics include emotions, stress, self-care, balancing life's demands, relationships with co-parents and more.**

**Facilitated by Joy Lenares, Family Empowerment Facilitator**



**Growing  
Stronger  
Together**

**Register for FREE at:**  
**[ColchesterC3.jumbula.com/#/caregiver-programs](https://ColchesterC3.jumbula.com/#/caregiver-programs)**