

Dealing with the Challenges of Parenting

Colchester Elementary School (CES) Conference Room
6:00 - 7:30PM, Free Childcare Available

Join us for a new program led by **Ann Marie Maffuid, CT state Licensed Marriage and Family Therapist**



Wednesday, October 23rd Toddler/Preschooler Focus

- How to deal with tantrums and how to talk about feelings
- How to balance letting them explore and have boundaries/rules
- Fostering empathy

Wednesday, October 30th Elementary Age Focus

- How to adjust to home afterschool
- Developmental needs of school-age kids
- Does my child have to LIKE school?
- Activities to decompress before homework

Discussions Facilitated by Ann Marie Muffuid, LMFT



Growing
Stronger
Together

To register for FREE, go to:
ColchesterC3.jumbula.com/caregiver-programs