

Village Parenting Support Group

WINTER SESSION NOW OPEN FOR REGISTRATION!

Thursdays, Jan. 11th- Feb 22nd

7:00-8:00pm

Free & Virtual via GoogleMeet

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**