



21-22 CALENDAR OF PROGRAMS

FALL

Prenatal Series

Tuesdays Sept 7th, 14th, 21st, 28th

Weekly topics include: Supporting Early Infant Development, Talking, Singing & Reading with your Baby, Early Infant Care & Nutrition and Connecting with your Baby.

Circle of Security

Learn to make sense of what your child is really asking from you, based on decades of research about how secure parent-child relationships can be supported and strengthened.

Tuesdays, Oct 5th - Nov 16th

Conscious Discipline Monthly

Transform everyday discipline issues into teachable moments, equipping children with the social-emotional and communication skills needed to manage themselves, resolve conflict and develop healthy behavior. A different focus each month.

Wednesdays, beginning Nov 3rd

Brain Behavior Connection

An overview of the Brain State Model, and how to create safe, connected and problem-solving environments that allow adults and kids to function in their optimal brain state.

Grandparents Class - September 15th

Dads Class - September 22nd

Fall Session of Joyful Noises

Child & Parent/Caregiver enjoy stories, music and movement together.

Play & Learn begins September 30th

Village Support Group

Make meaningful connections, learn and grow together, and receive the support you need to be the best YOU for your family!

Thursdays, Oct 14th - Dec 9th

Monthly Stroller Walks

on the Airline Trail

WINTER

People Empowering People

An innovative personal and family development program with a strong community focus, designed to build on the unique strengths and life experiences of the participants.

Wednesdays, Jan 12th - March 16th

Conscious Discipline Monthly

continues on 1st Wednesday of the month

Winter Session of Joyful Noises

Play & Learn begins January 6th

Village Support Group

Thursdays, Jan 6th - March 10th

Monthly Stroller Walks

on the Airline Trail

SPRING

Conscious Discipline Monthly

continues on 1st Wednesday of the month

Village Support Group

Thursdays, March 24th - May 19th

Spring Session of Joyful Noises

Play & Learn begins March 24th

Monthly Stroller Walks

on the Airline Trail

All programs are FREE.

To register, go to ColchesterC3.jumbula.com
or visit ColchesterC3.org to learn more!

