Managing Family Stress Workshop

## Want FREE resources to help build a stronger family?

We have an answer!



### We know being a parent is hard...we want to help!

All families experience times of stress. We will give you tools to help your family deal with those times and build protections around your children so they can be happy, healthy and safe. We give you tools to ensure that your children have what they need to be successful in school and beyond! The lessons children learn when they are young last a lifetime. Let's make sure those lessons are positive. Families will be able to share their experiences, celebrate successes and help each other with challenges. There will be 2 interactive sessions on:

#### February 13, 2018 10:00 a.m. – 11:30 a.m. & 2:30 p.m. – 4:00 p.m. McFerran Preparatory Academy

# Please complete the RSVP below and return to your child's teacher by <u>February 9<sup>th</sup></u>.

Parent Name:	Child's Name
School:	Teacher's Name:

#### Which session will you be attending:

10:00 am – 11:30 am \_\_\_\_\_

2:30 pm – 4:00 pm\_\_\_\_\_

This session is sponsored by JCPS Early Childhood. Drinks and snacks will be provided by Shine Early Learning.







