

Cape & Islands Social Emotional Learning Parenting Workshop Series



27 OCT "10 Sensory Tips & Activities to Support Emotional Regulation" with Melissa Alves

1 NOV "Understanding Your Child's Temperament" with Cindy Horgan

11 JAN "What's Your Problem Anyway?" with Jeanine Fitzgerald

10 FEB "Rewiring Your Stress Pathways" with Tina Toran

14 MAR "Playing on Purpose" with Kelly Rodriguez

5 APR "Raising Boys" with Cindy Horgan

12 MAY "Signs & Symptoms of Anxiety and Ways to Nurture Your Child" with Stacy Gay

[CLICK HERE](#) TO LEARN MORE & REGISTER FOR OUR NEXT WORKSHOP



FREE thanks to the Coordinated Family & Community Engagement (CFCE) Grant



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Respite For Children

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Sandwich Partnership for Families

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