



Making Smart Connections During Difficult Times

Parent/Caregiver Online Series

All classes are 6:30 – 7:30pm

October 6th

Managing the Ups & Downs

October 13th

Reading the Emotional Signs

October 20th

All About Feelings

October 27th

Setting Realistic Expectations and
Compassionate Boundaries

November 3rd – NO CLASS

November 10th

Encouraging Growth through Praise

November 17th

Supporting Identity Development

- Parenting strategies
- Trauma-informed
- Emphasis on self-care
- Recommended for caregivers of children from birth through 3rd grade
- FREE!

Join us online for an hour each week to explore making smart connections with your children during this challenging time. Learn strategies you can apply immediately and interact with other parents who are facing the same challenges. Attend all sessions or only those of particular interest to you. **Please register to ensure you get the link to the Zoom meeting each week.**



Register online at:

www.communitychildrenks.org
or 785-260-8184 (text or voice)

DCECTC members: Child Care Aware, Community Children's Center, Douglas County CASA, ECKAN Head Start, Hilltop Child Development Center and Lawrence Public Schools Early Childhood Program

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