

Families and Children: Team up and Learn Together

Six, one-hour workshops for adults and children (ages 3 and up)

Team up to explore new skills while we stretch our brains and talk about self-care.

Register Now: bit.ly/team_up_learn_together

COVERED TOPICS:

- 1. Let's connect!** - We will learn about ways to make our brain and relationships stronger.
- 2. One, two, three, let's see!** - We will learn about how to improve our ability to focus.
- 3. I spy, you spy, we spy** - We will explore why we don't always see things the same way, and that's okay!
- 4. Similarities and differences** - We will talk about noticing what goes together.
- 5. Let's try!** - We will explore how to approach a challenge in a positive way.
- 6. Don't give up** - We will explore the importance of sticking with a task, even when it's hard.



SELECT ONE DAY OF THE WEEK TO ATTEND:

Tuesdays, 4-5PM

**March 16, 23, 30
April 6, 13, 27**

Location:

Zoom Online

Facilitators:

Mildrid Gedeon
Lauren Morse

Thursdays, 5-6PM

**March 11, 18, 25
April 1, 8, 15**

Location:

Zoom Online

Facilitators:

Debbie Bonilla
Julia Ho
Zuleka Queen Postell

Fridays, 3-4PM

**April 16, 30
May 7, 14, 21, 28**

Location:

Zoom Online

Facilitators:

Lissa Galluccio
Robin Harris
Jardine Jerome

Saturdays (For Dads Only), 10-11AM

**March 13, 20, 27
April 3, 10, 17**

Location: Zoom Online

Facilitators:

Aboma Dirbaba
Jose Rivera
Daniel Skeritt