



Sunrise Family Resource Center  
Strengthening Families

# EXPLORING THE PATH TO SELF-REGULATION

Wednesday

November 20th 2024

11 am - 12:30 pm

226 Union Street

Free and open  
to the community



RSVP at 802-442-6934 or  
[rsvp@sunrisepcc.com](mailto:rsvp@sunrisepcc.com)