

Parenting Together

Sunrise Parent Education



Sunrise knows that co-parenting comes with a unique set of challenges. As a parent/caregiver it is important to find balance and equally share in the responsibilities of raising your child(ren) together. When you put the best interests of your child(ren) first and provide a consistent and stable routine, they will develop security in their home life. Help make positive changes through self-exploration and learn strategies that will work for you, the other parent/caregiver, and your child(ren).

Topics May Include:

- Strategies for successful co-parenting
- Benefits of co-parenting
- Challenges of co-parenting
- Overall family well-being

To register, please contact our Parent Educator, Tiffany Racicot: tracicot@sunrisepcc.com or 802-442-0058

Thursday
2/16/23
4 - 6 pm
226 Union St.

This offering is for parents/caregivers with children of all ages and stages. Current COVID safety protocols will be followed. Dinner and child care will be provided!



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