

# GROWING TOGETHER TUESDAYS

## HEALTHY START TO THE NEW YEAR

Growing Together Tuesdays is a time for parents and caregivers to share experiences, exchange practical tips, and build meaningful relationships with others on a similar journey. We will meet every Tuesday to either cook a meal, engage in an activity, or spend time in the space together to connect, find encouragement, and build a strong sense of community.

### 1/6: Tips & Tricks for Meals on a Budget

- ◆ Budget friendly family meals, meal planning ideas, and ways to use leftovers

### 1/13: Building Skills & Confidence in the Kitchen

- ◆ Involving children safely in the kitchen, age appropriate kitchen tasks, and simple meals for kids to make

### 1/20: Picky Eaters & Positive Mealtime Strategies

- ◆ Picky eater tips, ways to make meal time more enjoyable, and build your own meal ideas

### 1/27: Winter Wellness

- ◆ Small daily wellness habits, create a personal self-care plan

10AM - 11AM

226 Union Street, Bennington

Geared toward children ages 0-6.  
Refreshments provided.

Drop-ins welcome. RSVP encouraged.  
Call (802) 442-6934 or email [rsvp@sunrisepcc.com](mailto:rsvp@sunrisepcc.com) to RSVP.