



Sunrise Family Resource Center
Strengthening Families

PARENTS AS TEACHERS GROUP CONNECTIONS

RECOGNIZING, CREATING, AND ADAPTING ROUTINES



Calm the chaos at home. Discuss the benefits of a routine and reflect on your family's current rituals.

**Wednesday, January 21
4:30PM – 6PM**

115 Hillside Street, Bennington

Geared toward
children ages
2 – 5 & siblings
welcome!

- Identify the challenges of implementing new routines.
- Learn how to create a cohesive routine to be used in separate households.
- Create a visual blueprint to support your family's schedule.

RSVP required. Please RSVP by 01/19/26. Call Sunrise at (802) 442-6934 or email rsvp@sunrisepcc.com to RVSP. Dinner and childcare will be provided.