

PARENTS AS TEACHERS

Group Connections

“Regulating Emotions”



8/21/2024

4:30 - 6 PM

2ND CONGREGATIONAL
CHURCH, 115 HILLSIDE ST.

Regulating emotions can be fun! Learn and practice ways to teach your child(ren) to calm themselves and their bodies:

- Be like a frog- breathing exercise.
- Nurturing and relaxing massage.
- Card game/bubble paint-breathing exercises.
- Exploring and expressing emotions.

Parent-child interactive activity.
Activity geared towards children
ages 3-5, and siblings are welcome.
Light Dinner will be provided!



PLEASE RSVP 

RSVP@SUNRISEPCC.COM

OR (802) 442-6934

SUNRISEPCC.COM