



# SUPER Role Model

Sunrise Parent Education



[sunrisepcc.com](http://sunrisepcc.com)

**9/27/23 | 4 – 6 p.m. | 226 Union St.**

**Being a parent/caregiver is one of the greatest superpowers of all!**

**Showing respect for yourself and others, practicing positive communication skills, and appropriately expressing emotions is important to help shape your child's life in a positive way. At Sunrise, we understand that this can sometimes be challenging. Come and join the conversation about what it means to role model, breaking the "perfect parent" stigma, and ways to model positive, developmentally appropriate behaviors.**

**Geared towards parents/caregivers of children ages 0-6.  
Dinner will be provided. Limited child care available.**

**To register, please call the main office at 802-442-6934 or email [rsvp@sunrisepcc.com](mailto:rsvp@sunrisepcc.com)**