

Caregiver Connections

Parents and Caregivers are invited to join us in a 5-part series of guided conversations about the joys and challenges of parenting.

Mondays starting July 12th
6:00pm-7:00pm
Virtually via Zoom

Attend as many or as few as you are able.

Caregiver Connections is organized to allow participants the opportunity to strengthen their family foundation through listening, learning, and sharing with others in a safe, judgment free, space.

Use the link provided to register to receive the Zoom link, or contact Katy Torres at ktorres@caplanc.org

Families enrolled in Parents as Teachers can register with their home visitor.

TOPICS OF DISCUSSION BASED ON THE FIVE PROTECTIVE FACTORS

July 12

Parental Resilience: How we can be strong, flexible, and care for ourselves in order to care for others.

July 19

Social Connections: How having friends and establishing a support system is important.

July 26

Concrete Supports in Times of Need: Asking for help may be difficult, however, it is sometimes necessary.

August 2

Social & Emotional Competence of Children: How we can support children in learning to communicate their thoughts, feelings, and emotions in healthy ways.

August 9

Knowledge of Parenting and Child Development: Parenting is part natural and part learned. We can learn from each other.

