

***Is parenting stressing you out?***

**The CALM Connection**

**Parent Group**

Six Group Sessions:

Date: Time:

Location:

**Please register:**

Parenting is hard work and it is   
common to feel confused or uncertain   
about your child’s development,   
especially their social and emotional   
development.

The CALM Connection is a six week parenting group that provides opportunities for parents-caregivers and children to strengthen their relationship, reduce stress and increase their awareness and understanding of social emotional learning.

The information and strategies provided in the CALM Connection group will help support parents in laying the foundations in developing critical skills that their children will need for lifelong learning and opportunities.

The external agency and staff hosting this group have participated in intensive CALM Connection Group Facilitator Training and are accredited to facilitate this group.

  
 The CALM Connection was developed by the   
Fraser Valley Child Development Centre and is a part of   
The CALM Early Care & Learning Framework.   
For more information visit [www.connectwithcalm.ca](http://www.connectwithcalm.ca)

