

A Parent's Guide to Finding Calm and Connection

Norwood CFCE and Shine Bright workshops are excited to offer a FREE 4-part parent workshop series designed to help you navigate your child's challenging behaviors and emotional needs. We hope you will join us as we come together in community to learn tools and strategies for finding calm amid the chaos of parenthood. These workshops will be held the first Wednesday of every month from 6:30-7:30 in the Willett Early Childhood Center cafeteria.

***Please email Liz Hogrell CFCE Program Coordinator to register
ehogrell@norwood.k12.ma.us***

March 6th

Big Emotions and Connecting through Play

Explore your child's emotional outbursts and the developmental reasons behind them. In this workshop, you will learn about the 20/20 strategy and how this tool will help you balance your child/home/work life with joy and accomplishment.

April 3rd

Finding Peace as a Parent

Discover proven strategies to help you stay calm during stressful moments. This workshop will focus on what your child's emotions say about what they really need and how you can give more as a parent without burning out.

May 1st

Zapping Stress with a Zen Toolkit

Learn calming strategies to instantly distress during challenging moments. This workshop will focus on teaching kindness, understanding, and empathy at any age.

June 5th

School Year Transition Success

Understand how to support your child during transitional times like the end or beginning of a school year. In this workshop, we will teach you how to help your child feel confident and ready for a change that can be both exciting and scary.