



Family Center  
OF WASHINGTON COUNTY

It's always about the family.

# Deep Breathing

Parenting During Stressful Times

Friday's from 1 to 2 P.M.

**Beginning May 8, 2020**

To sign up, please call

**(802) 262-3292, Ext. 154**

or email

[familycenter@fcwcv.org](mailto:familycenter@fcwcv.org)

**Participants will receive a \$25 gift card after attending 3 group sessions and another \$25 gift card for attending the full series (or at least 7 of 8).**

**Certificates of completion for completing the series will also be mailed out.**

*This educational/support group, held via online meetings for 8-weeks, is for families who are looking for parenting strategies and positive family connection. Through a combination of guided discussion and peer interaction, we will emphasize the importance of a caregiver's ability to identify and manage their own feelings and stress, as well as their child's.*

*Successfully recognizing and managing family stress facilitates relationship building and promotes supportive environments that adapt to meet family needs. This group will offer families renewing strategies to empower their child and promote safe boundaries while parenting. We hope to learn, connect, and have some much needed fun!*

Learn more about the Family Center at <http://www.fcwcv.org/> or follow us on Facebook!