

CHECK YOURSELF BEFORE YOU WRECK YOURSELF!



FREE Parent Workshop **January 24th 5:30pm-7:30pm**

Cynthia Segui, LICSW & Kim Waterman, MEd

Looking for some new ways to deal with tantrums, transitions
and difficult moments?

Join us for some practical tips and real solutions. Includes time
to share your challenges and get **individual advice**,

Plus a free book & CD.

Conference Room at CHP offices, 444 Stockbridge Rd, GB

Childcare in the Family Services Building

Generously funded by the Jewish Womens Foundation of the Berkshires

This program neither sponsored nor endorsed by the Southern Berkshire Regional School District

Childcare provided, Pre-registration required (space limited)

Email chpplaygroups@gmail.com

