



## Sign up for a Parent Café During Playgroup!

Parent Café provides opportunities for parents to engage in conversations about their challenges, successes, and strategies. We have invited local practitioners and experts in child development that will help promote parental resilience, social connections, support, knowledge of parenting and child development, and social and emotional development in children.

### Wednesday, February 21<sup>st</sup>

#### **“Learn to Sign with your Little one”**

Calista Wlaszkiewicz – ALS Mom, grew up with deaf parents, signing 31 years

### Friday, March 15<sup>th</sup>

#### **“Turn your thoughts into action and get more out of Life”**

Join us in an interactive activity designed to help you explore opportunities, find deeper meaning and enrich your life.

Heather Deluca , Perinatal Life Coach [www.perinatallifecoaching.com](http://www.perinatallifecoaching.com)

### Wednesday, April 17<sup>th</sup>

#### **Pediatric Dentistry – “Happy Healthy Smiles for kids of all ages”**

Dr. Nidhi Agarwal, Killingly Kids Dentist, Pediatric Dentist, mother, community enthusiast

### Wednesday, May 8<sup>th</sup>

#### **“Positive Language for Toddlers-Lessening the Tantrums”**

Erin Drake, Lead Early Childhood Programs Coordinator, TEEG

### June, date TBD

#### **“The Dangers of Lead in Childhood”**

Stephanie Hynes and Janine Vose, Northeast District Department of Health

**Parent Café’ Chats are from 10 am – 10:30 am**

**Coffee, Tea, and Morning Treats will be served.**

Children will remain in the community room to play with TEEG staff,  
while parents will join our guest speaker in the conference room.

You will return to your children following the chat to join us for snack, storytime and music.

**Registration is required – spaces are limited**

**Please contact Lisa Andrews with questions or to register**

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