



PARENTING CIRCLE

Has your child reached “terrible twos” or having a tough time in school? Maybe your teen is making you feel like the worst parent alive. Difficult roads don’t need to be traveled alone.

- Positive Discipline
- Emotion Regulation
- School Support
- Activities to help support stress reduction
- Dinner Provided

To register, scan here



2ND & 4TH TUESDAYS EVERY
MONTH
5:30-7PM

FAMILY RESOURCE CENTER
480 WEST STREET
PITTSFIELD, MA 01201

For more information, Contact
Abbie Callaghan
(413)448-8281 ext 269 or
acallaghan@18degreesma.org



18 DEGREES

WWW.18DEGREESMA.ORG