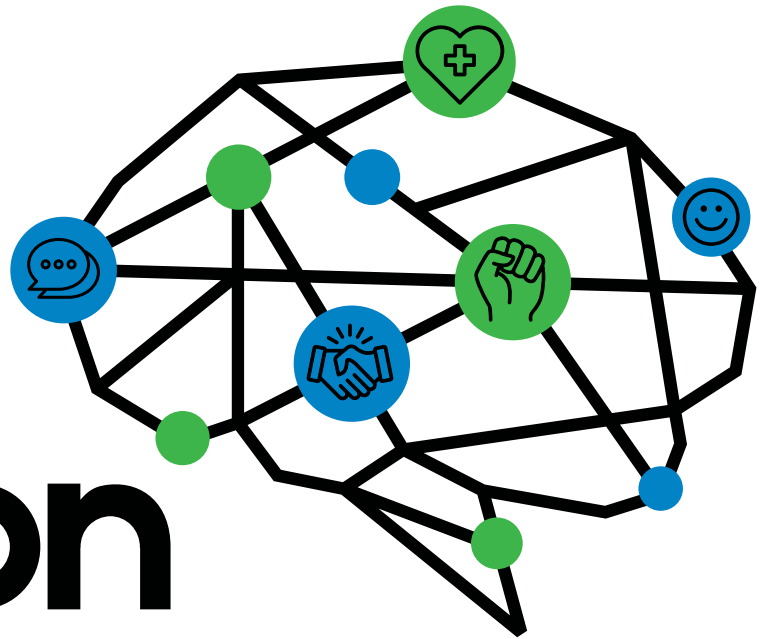


Minds in Motion



A School-Age Skill Building Workshop

Participants will engage in a dynamic and interactive 1.5-hour workshop designed to equip parents with the essential tools for nurturing the cognitive, emotional, and social development of their school-age children. Through a combination of presentations, hands-on activities, and collaborative discussions, participants will delve into key areas such as Cognitive Empowerment, Emotional Intelligence, Effective Communication, Building Healthy Habits, and Social Skills and Peer Relationships.

MONDAY

March 18

Hart's Hill Library | 6:30 p.m.

