

PREVENTING MELTDOWNS FOR PEACEFUL DAYS



Parenting isn't always easy — meltdowns happen. Come join our supportive circle for families with children ages 3–10 and learn simple tools for calmer days, easier transitions, and fewer power struggles. You'll leave with ideas you can use right away.

Family dinner and child care are included.

 Presented by

Meranda Schnack, MEd

FIRST 5 SISKIYOU PLAYGROUP FACILITATOR
QUALITY COUNTS SISKIYOU COACH
EARLY CHILDHOOD EDUCATION INSTRUCTOR AT COS
CERTIFIED WELLNESS COACH

Thursday, Feb 26th
5:30 - 7:15pm

Mt. Shasta Elementary School, 501 Cedar Street

REGISTER HERE!

To RSVP by phone, call 530.918.7222.

