

workshops FOR PARENTS...

February

11 Balancing Life, Work, and Parenthood

A look at the practical and emotional experiences of balancing self, work, money, children, and family. For working and stay-at-home parents. With Michal Tziyon, LCSW. 7-8:30 pm.
RSVP by Feb 9. \$25, \$15 for members

13 Financial Planning for Parents

Learn the building blocks of financial preparedness. With finGina Stormont, a registered investment advisor and broker. 7-8:30 pm.
RSVP by Feb. 13. \$25, \$15 for members

23 Infant/Child CPR

Recognize and treat breathing and cardiac emergencies in children ages 0-8. Gain the knowledge and confidence that you are prepared. An American Red Cross certificate will be issued upon completion.
RSVP by Feb. 21. \$75, \$60 for members

27 Is Sibling Harmony a Fantasy?

Explore what contributes to the conflicts of siblings of all ages and discuss how parents can understand and intervene to make more peace at home. With Michal Tziyon, LCSW.
RSVP by Feb. 25. \$25, \$15 for members

March

3 Books for Babies and Toddlers

Hear the benefits of reading to babies, the importance of literacy in a child's language development, learn about pre-reading and how books can help children to gain a larger view (and vocabulary!) of the world around them. With Lesley May.
RSVP by Mar. 1. \$25, \$15 for members

19 Feeding Your Toddler

Find a variety of foods for your picky eater, help your child develop a healthy relationship with food, learn about when and how to introduce specific foods, and more. Gain answers and get timesaving recipes and resources. With *Small Bites'* Erin Patterson, MPH (www.smallbitesonline.com).
RSVP by Mar. 1. \$25, \$15 for members

at Families First

TO REGISTER

call 718.237.1862
or email info@familiesfirstbrooklyn.org
or visit us!

250 Baltic Street
between Court and Clinton
(718) 237-1862

F train to Bergen St.
or B75 bus to Warren St.

Please visit our web site for updates
and additions to this calendar.



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