



## - January -

### Introduction to Mindfulness—Presented by MSU Extension

Teaching Kids Mindfulness for Parents and Caregivers teaches techniques of mindful awareness that can help children learn to pay closer attention to their thoughts, feelings and emotions. Come and learn ways to help children reduce stress and anxiety to enhance their well-being. Explore what the research says, get ideas for mindfulness activities and explore children's literacy that supports mindfulness practices.  
Middleville presenter—Georgina Perry  
Hastings presenter—Holly Tiert

## - March -

### Relax: Alternative to Anger

Anger affects everyone and can be hard to know how to handle. Learn the developmental stages of self-control in children, understand what cortisol is and does, be able to identify books that can assist children with self-control. Help people understand and manage anger and stress, and develop communication skills needed for healthy relationships.

Middleville presenter—  
Georgina Perry  
Hastings presenter—Holly  
Tiert



Dinner at 5:30  
Workshop 6:00 -7:30 p.m.  
Free Childcare with  
Registration

## Locations

Middleville (TK):  
1st Baptist Church,  
5215 N M-37 Middleville, MI 49333

Dates:  
January 13, 2020  
February 10, 2020  
March 9, 2020  
April 13, 2020

Hastings (H):  
Hastings Baptist Church  
309 E. Woodlawn Hastings, MI 49058

Dates:  
January 27, 2020  
February 24, 2020  
March 23, 2020  
April 27, 2020

## - February -

### Help Your Child Reach the Reading Challenge



Understanding the 3rd Grade Reading Law and how to help your child to develop into a Ready Reader.

Middleville presenters—Kim Chausow, Curriculum Director at Thornapple Kellogg Schools & Paige Brandli, Youth Services Librarian Hastings Public Library

Hastings presenters—Sara Geukes, Central Elementary School Principal Hastings Public Schools & Paige Brandli, Youth Services Librarian Hastings Public Library

## - April -

### Finding Better Balance

Life seems to be busier and more stressful than ever. In the middle of this busy-ness and stress our children are expected to be calm, focused and in control of their emotions. Learning some basic techniques to ground and center can help them navigate their daily stress and foster resiliency. Come join us to learn some simple ways to help children be more successful at being calm and centered. Laurie DeDecker is a registered nurse, a certified energy therapy practitioner and trainer, a certified ecotherapy practitioner.



*Bring your children ... They will learn too!*

We provide activities for children that go along with what parents are learning!

Please  
register online at  
[www.familysupportbarry.com](http://www.familysupportbarry.com)