

Manage the Chaos with Calm and Grace

TUESDAY EVENINGS

6:30 – 7:30 PM

MAY 12, 19

JUNE 2, 9

A Parenting Group with Cheryl

Parenting is indeed one of the toughest jobs you may ever have. Maintaining loving family connections while navigating daily conflicts can feel overwhelming. Please join us here at the library to gain added support from other parents traveling a similar road. Learn about the 5 C's of parenting and how to successfully manage other challenges facing children and parents today. Learn ways to manage stress and practice self-care while meeting the demands of work and family.

This Parenting Group is being led by Cheryl Marino-Page. Cheryl has 30 years of professional and lived experience. She has a Bachelor's Degree from Framingham State University and works full time as a family partner, and part-time Life Coach.



**Registration is required for this group. Call the Blackstone Public Library
at 508-883-1931 to sign up, or for more information.**