

**Parent
Education
Groups:**

**Parent
Cafes
Coming
Soon!**

**Autism
Parent
Support
1/6-2/10
Wednesdays
4:30-5:30pm**

**Managing
Anxiety
1/4-2/15
11am-12pm
Mondays
*No Group
1/18***

Upcoming Virtual Groups



<https://www.eventbrite.com/o/presented-by-mhmr-tarrant-30086370610>

**Parent
and
Child
Groups:**

**Evening
Music &
Motion
1/14-2/11
Thursdays
6-7pm**

**All Around
the World
2/1-3/8
Mondays
10-11am**

**Speech &
Sign
1/14-2/25
Thursdays
9-10am
*No Group 1/28***

**Music &
Motion
1/19-2/23
Tuesdays
10-11am**

**Circle
Time
1/13-2/17
Wednesdays
9-10am**

**Spanish
Music &
Motion
1/5-2/9
Tuesdays
10-11am**

**To register and
to learn more
about groups,
follow the link
or scan the QR
code above.**

Early Childhood Services offers groups funded by SNAP-Ed. Any family who has a child enrolled in one of our programs may participate. Any family in the community who has a child 0 - 6 years old may also participate. You must register for the group you wish to attend because, for many of them, there are supplies that will be sent to you prior to the group. To register, follow the link below or scan the QR

Upcoming Virtual Snap-Ed Groups

code.



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<p>Parent and Child Groups:</p>	<p>In the Kitchen with Mimi (Healthy Eating Healthy Reading)</p> <p>1/13-2/17 Wednesdays 10-11am</p>	<p>G.L.O.W.</p> <p>1/29-3/12 Fridays 11:30am- 12:30pm</p> <p>*No Group 2/26*</p>	<p>Fitness for Families</p> <p>1/14-2/18 Thursdays 10-11am</p> <p>*No Group 1/28*</p>
<p>Fitness for Fathers</p> <p>1/16-2/20 Saturdays 10-11am</p>	<p>Little Sprouts</p> <p>1/14-2/25 Thursdays 9-10am</p> <p>*No Group 1/28*</p>	<p>Nurturing Parenting Program</p> <p>1/12-4/3 Tuesdays 11-12pm & Saturdays 10-11am</p>	<p>Journey to Vitality Parent Cafe</p> <p>1/26, 2/16, 3/23 Tuesdays 6-8pm</p>

