



All programs will be held
ONLINE
on Zoom!

To see a full listing of
programs available, visit
our website at
www.swfic.org

UPCOMING PROGRAMS for parents

For more info:
registrar@swfic.org

Coping With Change

FOR PARENTS OF BABIES FROM BIRTH TO AGE 1

Now that baby is here, do you think you should be feeling happier than you do? Do you feel depressed, angry, lonely...or that things aren't how you thought they'd be? Coping with Change is a group where new parents can talk openly and honestly about the wide range of feelings that come when a baby joins their lives. Meet parents, share experiences and learn you are not alone.

DATES: Mondays, starting January 17 to February 14, 2022
(5 sessions)

TIME: 1:00 PM - 2:30 PM ONLINE on ZOOM

FEE: Free



Dads Matter!

FOR DADS, GRANDFATHERS, AND CAREGIVERS

Join us for a live, interactive meeting on Zoom every Thursday evening to connect with other parents and discuss parenting challenges and fatherhood.

There will be a focus on "Things Dads Do," the importance of fathers in the lives of children, and ways to have fun with your child at their different ages and stages.

DATES: Thursdays, starting January 20 to February 10, 2022
(4 sessions)

TIME: 6:30 PM - 8:00 PM ONLINE on ZOOM

FEE: Free



Handle With Care

FOR PARENTS OF CHILDREN AGES 2 TO 6

Learn activities and strategies to promote your child's positive social and emotional development, secure attachment, and healthy self-esteem.

There are 4 building blocks that we focus on: Building Trust & Attachment, Building & Enhancing Self-Esteem, Expressing Emotions, and Relationships with Others.

DATES: Tuesdays, starting February 1 to February 22, 2022
(4 sessions)

TIME: 10:30 AM - 11:30 AM ONLINE on ZOOM

FEE: Free



The Stress of Being A Parent

FOR PARENTS AND CAREGIVERS

Being a parent can certainly have it's stressful moments.

In this one evening workshop we will talk about parental stress, how it affects us, how it can affect our children, and what we can do to better manage the stress we are under as parents.

DATE: Monday, February 7, 2022

TIME: 7:00 PM - 9:00 PM ONLINE on ZOOM

***FEE:** \$10 per individual
payments can be made online or by phone



TO REGISTER:

visit our website: www.swfic.org or phone 204-284-9311