

# HANDLE WITH CARE

*Promoting Mental Health in Young Children  
For Parents & Caregivers of Children ages 2 to 6*

*Starts  
Feb 8!*

## *Learn how to:*



**Build a strong relationship  
with your child**



**Build your child's self  
esteem**



**Help your child express  
emotions**



**Help your child form healthy  
relationships with others**

*Connect with other families and learn activities and strategies to promote your child's positive social and emotional development. All program materials will be provided by SWFIC.*

**DATES: Tuesdays, starting Feb 8 to Mar 1, 2022 (4 sessions)**

**TIME: 10:30 AM - 11:30 AM**

**This program will be ONLINE on ZOOM.**

**FREE for anyone who wants to attend!  
Registration is required.**

