



- 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

Please
register online at
www.familysupportbarry.com

- 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

*Workshops address
variety of topics related
to families with children
of all ages.*

**Participants will receive
Certificate of Participation for
1 1/2 training hours.**
***These hours can be used for
training
requirements for Foster Care,
Daycare and possibly other
required training needs.**

Workshops brought to you with help from:

- Family Support Center of Barry County
- Barry County Community Mental Health (BCCMHA)
- Barry Great Start Collaborative
- Barry Intermediate School District
- 1st Baptist Church, Middleville
- Hastings and Thornapple Kellogg Schools
- Hastings Baptist Church
- Barry County United Way
- MSU Extension
- Hastings Public Library
- WBCH & J-Ad Graphics
- Department of Health and Human Services
- Barry County Transit

**FSCBC— Family Support Center
of Barry County
231 S. Broadway
Hastings, MI 49058**
Address Service Requested



Family Workshop Series 2020

Presenting The:

BARRY COUNTY, MI
 **FAMILY SUPPORT CENTER**

*Free Dinner 5:30 p.m.
Free Workshop 6:00 - 7:30 p.m.
Free Childcare*

**January: Introduction to
Mindfulness**

**February: How to Help Our Kiddos
Meet the Reading Challenge**

March: Relax: Alternatives to Anger

April: Finding Better Balance

**Register online at
www.familysupportbarry.com
*Hastings location only: Transit is available
upon request when registering
**Questions:
269-945-KIDZ****