

DECEMBER LEIGH PARENT GROUPS

MONDAYS AT 5:00 PM

Join us for discussion,
community and snacks!

Possible topics:

- Helping children manage stress and anxiety
- Calm down (regulation) routines for children
- Approaches for handling school refusal
- Stress relief tools for parents

12/4, 12/11 AND 12/18

**5:00 – 6:00 PM IN THE
LIBRARY AT LEIGH**

**RING THE BUZZER AT THE
MAIN ENTRANCE**

Led by certified peer group facilitators. Due to grant funding these events are free. No advance registration is required. This is an adults only event. If you would like to request childcare, or if you have any other questions, please contact Molly at mbrown@namiccns.org.



nami

**Cook County
North Suburban**