



Donuts with Grown-ups

We would like to invite all parents, grandparents, aunts, and uncles caring for our Fayetteville City School students to participate in our monthly *Donuts with Grown-ups!*

These groups are designed to support parents and provide a community where parents can share experiences, seek advice, and gain emotional support.

These groups will meet monthly and may include guest speakers, discussions on educational resources, and opportunities for parents to connect over shared experiences. Such groups help foster a sense of community and can improve overall support for all children in the school.

Parent support groups provide a safe space for parents to share their experiences and challenges and these groups will allow parents to exchange practical parenting tips and strategies.

These meetings will take place the 4th Friday of each month. They will be held in the FMS gym from 8:00 to 9:00 in the morning. Donuts, coffee, juice, and fruit will be served. We will also have drawings for give-aways!

Topics will include, but are not limited to:

Bullying

Effects of Social Media

Anxiety

Helping Your Child Succeed

Positive Mental Health

Avoidance