

HANDLE WITH CARE

Join our team of Handle with care facilitators offering support to families/caregivers with young children.

The Handle with Care program is a set of simple interactive strategies to help parents, caregivers, educators and public health professionals to promote the mental health of young children.

Mental health is part of our overall health. It's about how we think, feel, our level of self-esteem and how we cope with the ups and downs of every day life.

Handle with Care believes the mental health of young children is critically important to flourish, thrive and grow into healthy adults. We believe that everyday interactives with children provide rich opportunities and teachable moments to promote mental health.

The spirit of the program is celebrating parenting and caregiving, promoting self-care and recognizing the value of each parent and caregiver and their role in strengthening the social and emotional well-being of young children.

15 FEBRUARY 2018

#1: Building Trust and Attachment

1 MARCH 2018

#2: Self-Esteem

22 MARCH 2018

#3: Expressing Emotions

5 APRIL 2018

#4: Relationships with Others

NO PRE-REQUISITES

Sign up for the session(s) that interest you!

\$70 PER SESSION
* INCLUDES MANUAL

**NSCC Kingstec
Thursday evenings
6:30 – 8:30 pm**

**Facilitators:
Laura King and
Marcia Nickerson**

**Deadlines:
2 weeks prior to each
session**

**Registration opens:
December 8th**

**2 PD HOURS
PER SESSION**