

A First Connections and NAMMA Collaboration

This project is funded through CHNA15 DoN funds from Lahey Hospital and Medical Center

# Working Parents Playgroup

Parent discussion, developmentally-appropriate playtime, group circle time with songs, free board book



**FREE**

**For Working Parents with a child up to 24 months old**

**8-Week Sessions  
Saturday 9:30-11:00**

Are you finding it hard to connect with other families with young children while striving to balance your work and home life?

Would you like to learn strategies for managing stress or anxiety while parenting?

Would you find it helpful to be able to discuss parenting and child development with a variety of supportive facilitators?

This playgroup has been tailored to promote parental resilience, social connections, parenting skills and child development knowledge. The current trend toward shorter maternity leaves and higher cost of living in our region makes for a unique set of stressors facing full-time working parents. Finding a supportive community and being able to participate in parent & child

activities in the early developmental years is difficult for those working Monday-Friday. In recognition of this new reality, we are partnering with a group of experts in the field of the first year of life to provide a nurturing space for families to grow and learn along with their children.



## 8-Week Sessions

Begin May, July, September, and November 2018  
January, March, May 2019

Can't make all the dates? That's okay—just let us know when you'll be unable to attend.



The program will meet at First Connections, 179 Great Road, Acton.

To register for this program, email [imatthews@jri.org](mailto:imatthews@jri.org) with the name of the parents who will be attending, the town you live in, and your child's first name and age.