

RAISE THEM UP PARENTING CLUB + STRESS BUSTERS

Two Great Programs, One Amazing Night!

Youth (Ages 4-10) will engage in a fun, activity driven skills-based group with CMHA-CEI's Integrated Community Youth Outreach Unit (ICYOU) focused on stress management, social skills, and dealing with big emotions.

Parents and caregivers will join the RAISE Facilitators to engage in activities and discussion regarding stress management and self-care.

Dates: (Thu) May 23rd, May 30th,
June 6th, June 13th

Time: 5:30-7pm

Location: Delta Twp. District Library
5130 Davenport Dr.
Lansing, MI 48917

Space is limited. Dinner will be provided.

Please register here:

<https://tinyurl.com/raisethemupregistration>



Questions? Contact Micah at 517-803-9150



Families Forward

Children first.

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