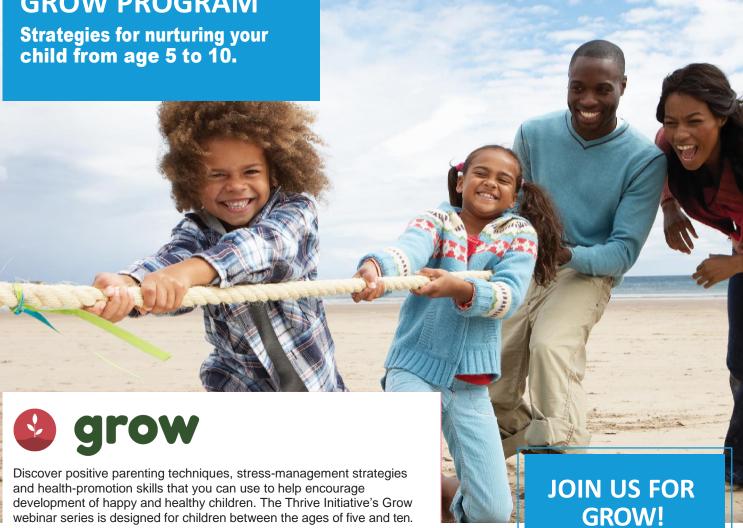
HELP YOUR CHILD TO THRIVE WITH THE **GROW PROGRAM**









This six-part hybrid program offers virtual on-demand lessons combined with online interactive webinars with other parents. The series can help you:

- » Praise and encourage your child in appropriate ways
- >> Understand how to help your child manage emotions
- » Set healthy routines and schedules in your home
- » Manage stress and your reactions due to anger
- » Promote physical health for you and your child

Taught by highly qualified educators with years of experience in child development, Thrive offers programs to empower parents and caregivers as they nurture children to adulthood. The Penn State Extension Food, Families, and Health unit has partnered with the Clearinghouse for Military Family Readiness at Penn State to provide Thrive resources.

programs

Learn more about Thrive

Dates & times: 12:30-1:30 PM

Tuesdays, March 12-

April 9, 2024

To register:

www.extension.psu.edu



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