

October 2024 Playgroups & Events

This program is funded by the Coordinated Family and Community Engagement (CFCE) grant awarded to Community Health Programs by the Department of Early Education and Care (EEC).*

POSITIVE PARENTING SOLUTIONS | Nurturing Positive Discipline

with Kim Waterman, MSEd., and Rania Markham, MSW, LCSW | Thursday, October 17 ■ 5:30-7:30 PM | The Family Resource Center, 141 West Avenue, Great Barrington

A collaborative workshop with Families Like Ours, CHP/CFCE and The Family Resource Center. Join us for an engaging and informative discussion with Kim, Rania and other parents. This session will focus on the principles of positive discipline, providing an opportunity for you to share your challenges. Learn some practical strategies to foster a nurturing environment at home. **WHAT WE'LL DISCUSS:** **Managing Anger:** Explore techniques to recognize and control your own emotions, helping you respond calmly and effectively to your child's behavior. **Effective Communication:** Discover ways to communicate so your children will listen and understand, fostering a positive dialogue that encourages cooperation. **Setting Clear and Consistent Boundaries:** Learn the importance of establishing and maintaining consistent rules that provide your child with a sense of security and structure. **Stress Management for Parents:** Gain insights into managing your own stress, enabling you to model healthy coping strategies and support your child in navigating their emotions. **Free pizza dinner, childcare for ages 2 and up and raffle!**

Space is limited! Pre-registration only. Email chplaygroups@chpberkshires.org to register.

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>WEST STOCKBRIDGE PLAY 10:30 to 11:30 AM</p> <p>Join Cate for imaginative play music, story, and more!</p> <p>Held at the West Stockbridge Library.</p>	<p>BRAIN BUILDERS 10:30 to 11:30 AM</p> <p>For ages 2 and up.</p> <p>Join Cate each week to explore, think, create, and play! Story time and outdoor play (weather permitting)!</p> <p>Held at the Mason Library, Great Barrington.</p>	<p>STOCKBRIDGE PLAY 10:00 to 11:00 AM</p> <p>Join Cate and enjoy the outdoors and playground! We'll also share songs and stories!</p> <p>Held at the Stockbridge Playground, weather permitting. Rain will move the group to CHP's Family Services Building, Great Barrington.</p>	<p>TODDLER PLAY 10:00 to 11:00 AM</p> <p>Join Cate for indoor play, including the play kitchen, blocks, dolls, indoor slide, books, and lots of hands-on fun! We'll also share songs and stories!</p> <p>Held at the CHP Family Services Building, Great Barrington.</p>		
 <p>Interested in how your child is developing? Visit agesandstages.com for an "Ages and Stages" questionnaire, and be sure to include your email for the results. You will receive information on how to support your child's development, activities to strengthen their growth, and access to resources offered by CHP and other area agencies as necessary.</p>	<p>"Play is the highest form of research." —Albert Einstein</p>		<p>PLAYROOM DROP-IN HOUR 3:00 to 4:00 PM</p> <p>Stop by for indoor play, including a kitchen area, blocks, dolls, puzzles, cars, an indoor slide and more!</p> <p>Held at the CHP Family Services Building, Great Barrington.</p>	<p>*CHP FAMILY SERVICES IS ALSO FUNDED IN PART BY:</p> <ul style="list-style-type: none"> ■ The Massachusetts Department of Public Health ■ The Berkshire Taconic Community Foundation ■ Massachusetts Local Cultural Councils ■ The Berkshire United Way 	
<p>OCTOBER PARENTS' NIGHT OUT</p> <p>Berkshire Arts Center, Stockbridge Friday, October 11, from 6:00-8:00 PM</p> <p>In collaboration with Berkshire Arts Center, we present to you a night of art-making and social support! Join us for pizza and creativity. No experience necessary!</p> <p>Childcare is available for children 4 and over. Children will have their own art class!</p> <p>Space is limited. Pre-registration required. To register, email chplaygroups@chpberkshires.org</p>					
 <p>ParentChild+ Equal Possibilities From The Start</p>			<p>Do you have a child 18 months or older? Learn how to help prepare them for preschool or school. This FREE program is for children 18 months to 3 years old and their caregivers and is available to all families in southern Berkshire County.</p> <p>For more information, visit tinyurl.com/49d846zj or contact Katelyn Parks at 413.528.0457.</p>		 <p>Scan the code or go to chpberkshires.org/family for more CHP Family Services information and programming.</p>