

# FOR PARENTS: Come, share, learn and laugh

**Wednesday Morning (Jan. 20):**

How does anger affect your family?  
How can we avoid meltdowns and tantrums?  
How do I help my child calm down?

Join us and explore some strategies that can answer these questions.

**Parent Coffee Connections  
9:30-10:30am  
in the library**

Free childcare for pre-schoolers in Room 15.



