



Introducing Parent and Family Workshops!



FREE 1 hour workshops for families!
Registration required for each workshop.
Visit the site below to learn more and register:
www.krocgreenville.org/parent-workshops
All participants will receive a **day pass** for a future visit to the Kroc Center!

Tuesday, October 20, 6:30 PM: Safe Cleaning – DIY Workshop with Ashley Felak, DC

Learn how your immune system works and how it is influenced by your environment. Learn to use kid-safe products and make your own hand sanitizer!

Saturday, October 24, 10:00 AM: Hands-on CPR with Dr. Ryan Duhe, ER Attending

Learn the skills of infant CPR and engage in Q&A with an ER Doctor. Certification not included.

Tuesday, November 3, 6:30 PM: Adjustment to Parenthood with Susannah Baldwin, MEd, LPC, PMH-C

Learn about the 'new normal' of parenthood and prepare to set realistic expectations. Coping skills will be taught and guidelines will be suggested for taking care of yourself and your relationship.

Tuesday, November 10, 6:30 PM: Breastfeeding: The First Six Weeks with Lauren Van Pelt, RN, IBCLC

This class will provide moms with the essential information you will need to meet your personal breastfeeding goals during this transition. Knowledge is power!

Tuesday, November 17, 6:30 PM: Nutrition for Kids and Family with Unity Health on Main, Leslie Ann Rossley, Pediatric NP and Elizabeth Sarratt, Family NP

Healthy habits can start with small steps, and there's never a better day than TODAY to start being more mindful about your health and wellness.

**English and Spanish*

Tuesday, December 1, 6:30 PM: Emotional Wellbeing for Kids with Unity Health on Main, Norma Jean Suarez, MBA, LMHC and Elena Torres-Small

The "Emotional Wheel" can be used with children of all ages who are struggling to express their current feelings. Using the wheel regularly throughout the day will help children and young people see the changing nature of their feelings and can help reduce anxiety.

**English and Spanish*



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GREENVILLE**

424 Westfield Street, Greenville, SC 29601