



# Introducing Parent and Family Workshops!



KROC  
GREENVILLE

**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](http://www.krocgreenville.org/parent-workshops)

All participants will receive a **day pass** for a future visit to the Kroc Center!

## **Wednesday, March 24, 6:30 PM: Should I Stay or Should I Go? Dr. Coldebella**

Learn common medical concerns in the infant period, from fever to mild trauma, and when to bring your child to the ER.

## **Saturday, March 27, 10:00 AM: Hands-on CPR with Dr. Ryan Duhe, ER Attending**

Learn the skills of infant CPR in this hands-on workshop then engage in Q&A with an ER Doctor. Certification not included.

## **Tuesday, March 30, 6:30 PM: Buying a Home, Coastal Carolina National Bank**

Thinking of buying your first home? Need more space/another bedroom? When is the right time to refinance your current home? Buy or rent? Whether thinking of buying your first home or in need of a move, this class will provide guidance to the mortgage process and what to expect. This class is also great for new families looking to make financial plans for their future.



**THANK YOU TO OUR SPONSOR!**

## **Wednesday, March 31, 6:30 PM: Breastfeeding in the First Six Weeks with Lauren Van Pelt**

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, April 13, 6:30 PM: Developmental Play on a Dime with Nicole Guttermuth, M.Ed, NCC, LPC, The Parenting Place**

Play has lifelong benefits: It supports your little one's brain development and helps to strengthen their communication skills. Play is actually one of the primary ways your child communicates with you and others. Learn to recognize when your little one is ready to play, and get tips for using every day, inexpensive items to make it happen.

## **Saturday, April 24, 10:00 AM: Infant Safety with Bridgette Watson, Safe Kids Upstate**

Did you know preventable injuries are the leading cause of death for kids in the US? For new families, keeping a little one safe can be overwhelming with the variety of suggestions, recommendations and precautions to take. This session will cover Child Passenger Safety, Home Safety, Water Safety and Safe Sleep - with no-fuss, practical tips for every parent or caregiver!