

CSHCS LHD Email Communication

Date	7/21/2021
Email Type	Info
Subject	<ul style="list-style-type: none"> ▪ Parent Connect Call-RELAX

Contact	Name/Department	Phone	Email Address
	Dawn Adkins	517-241-7097	adkinsd@michigan.gov

Dear LHD Colleagues,

The Family Center offers a series of free Virtual Parent Connect Calls monthly. Our September call is scheduled for Wednesday, August 4, 2021 from 4:00 pm to 5:00 pm EST on Microsoft Teams.

We are excited to have Holly Tired from Michigan State University Extension office joining our call discussing RELAX: Alternatives to Anger for Parents and Caregivers.

Relax: Alternatives to Anger for Parents and Caregivers is a workshop to help adults supports young children’s development of self-control and dealing with strong emotions. Participants will learn about anger triggers for adults and children and explore ways to calm down.

Attached is the flyer and the link to register on Eventbrite is:

<https://www.eventbrite.com/e/parent-connect-call-relax-tickets-163914965073>

