



# Alliance For Family Support

## PARENTING SUPPORT SQUAD

A free parenting group for families or caregivers with children 0-5!

On Zoom!

Connect, Share and Learn together

Tuesdays 10-11 AM

(The 1<sup>st</sup> and 3<sup>rd</sup> week of each month)

## Why join?

- Open discussion for the opportunity to share and ask questions
- Meet other families
- Parenting Tips and Tricks
- Understand your baby or child's behaviors
- Feel supported
- Discover tips on routines
- Self-Care
- Information about community events
- Smile and laugh 😊



Contact Sandra Assanowicz or Dea Vernott with questions or to register and receive the zoom link:

SAssanowicz@DayKimball.org  
Call or text 860.428.0444

dea.vernott@lmhosp.org  
860-442-0711 x5007 or text 203-903-7536



Alliance For Family Support

YaleNewHavenHealth  
Lawrence + Memorial Hospital

DKH DAY KIMBALL  
HEALTHCARE

Connecticut Office of  
Early Childhood