



Alliance For Family Support

PARENTING SUPPORT SQUAD

WALK & STROLL!

Join us for a free and fun parenting group for families and caregivers prenatally through age 5 in the quiet corner of CT!

In Person Stroll at Various Locations!

(refreshments provided)

Connect, Share & Learn together

1st & 3rd Tuesdays of each month



Contact Sandra Assanowicz to register and receive location details:

SAssanowicz@DayKimball.org

Call or text 860.428.0444

Why join?

- Let's move together!
- Meet other families in your community
- Share parenting tips and tricks
- Feel supported
- Understand your baby or child's behaviors
- Discover tips on routines
- Self-Care
- Explore community resources
- Smile and laugh together 😊

PLEASE NOTE

1st TUESDAY 4pm-5pm

3rd TUESDAY 10am-11am



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DKH DAY KIMBALL HEALTHCARE

YaleNewHavenHealth
Lawrence + Memorial Hospital

Connecticut Office of Early Childhood

PSI POSTPARTUM SUPPORT INTERNATIONAL

parents as teachers