



Feel-Good Friday

Is your family stuck in a rut of exhaustion on Monday nights - counting down the days until the weekend?

Make Mondays the BEST day of your week by joining the Family Connections program!

From April 25th through June 20th, each Monday's 6:00-7:30 PM Family Connections gathering will be filled with joyful conversation within your family, stress-relieving time for play, opportunities to socialize with other families, and hassle-free meals.

Last year's participants said:

"We loved getting to set aside time to play with our kids. With busy lives, we tend to put that aside so it was a nice change."

"Our family enjoyed the socialization, structure, and efforts put in by the team [of facilitators]!"

Whether your children are in a public, private, or homeschool elementary school, join Family Connections now. **There is no fee to participate, and you will receive a bag filled with games, restaurant gift cards, and small toys to jumpstart family fun during Family Connections.** Join by yourself to meet new families or encourage family friends to join, too. Share the news with fellow parents to give your child a chance to form closer connections with classmates.

This program is intentionally being offered through Zoom for the second year because of the many benefits families discovered they received from participating in the program at their own dinner tables in the comfort of their homes.

Email the words "Family Connections" to emotional-wellness-no-reply@tricityfamilyservices.org to receive an automatic reply email with more details and the registration link for the program.

Invitation to Families with Elementary Schoolers