Families Grow Together Program

Over the past few months, students in Kindergarten, 2nd grade, 4th grade and Life Skills classes have participated in drumming circle activities with Joe Ciarvella of Grateful Drumming during Mrs. Carr's Guidance class. This activity is part of a larger FREE program called Families Grow Together, and it is available to <u>ALL</u> families in Schuylkill County (even if your child wasn't able to participate in school)!

This 6 week program will:

- Teach both children and adults necessary skills to stay safe, form healthy relationships, and build resiliency
- Strengthen bonding and attachment among family members
- Provide the opportunity for all family members to participate in drumming circle activities together, while having lots of fun and relieving stress and anxiety!





<u>Please consider attending one of the scheduled Zoom meetings below to learn more about the program, meet the instructors, and register your family for this exciting FREE program!</u>

Tuesday, December 22 at 11:00am and 7:00pm

Tuesday, January 5 at 11:00am and 7:00pm

To register your family for the program, sign up for a ZOOM meeting, or for more information, please contact the Program Manager, Tracy Frederick, at tfrederick@sam-inc.org or (570) 728-3476.

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