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District 7: Kent, Allegan and Ottawa

***STRENGTHENING THE SOCIAL AND EMOTIONAL HEALTH  
OF FAMILIES***

**Community-Based Nurturing Parenting:** This series is designed to help parents, caregivers, and child care providers strengthen and build their parenting skills to promote positive family relationships.

**RELAX: Alternatives to Anger:** This program is designed to help adults, parents, teens and caregivers increase their knowledge about anger issues and put anger management and healthy relationship skills into practice.

**RELAX for Parents and Caregivers:** Parents and Caregivers will focus on developmental stages of self-control in children, learn what cortisol is and its effects identify children's books and other methods to implement activities to assist children with self-control.

**Stress Less with Mindfulness:** Autopilot is the way we typically respond. Our brain is wired to go down the same pathways we have used before, to have the same thoughts and feelings, to be have the same way we have before. Mindfulness offers a way out of this trap. Topics include mindful breathing, moving, walking, eating, thinking and laughing.

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