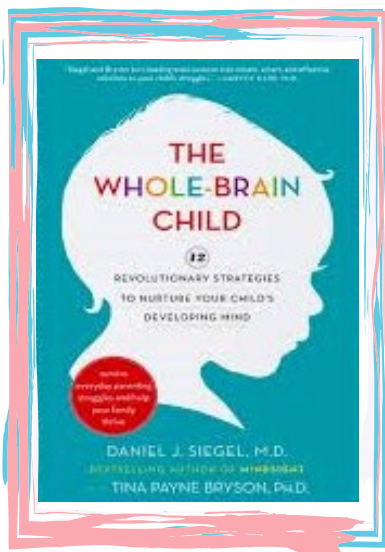


Isanti County Caregiver Support Group

Book Discussion: The Whole-Brain Child



Build connection, gain insight, and grow alongside other caregivers.

Join us for a book-based discussion of **The Whole-Brain Child** by Daniel J. Siegel and Tina Payne Bryson.

This book offers 12 practical strategies to help parents and caregivers understand and support a child's developing brain, fostering emotional growth, resilience, and stronger parent-child relationships.

Discussions will be led by Leah Gilbert, MSW, LGSW

Free to attend!

Books will be provided for you!

DROP IN SESSIONS: No regular attendance required - Just come as your schedule allows.

DATES: November 14
December 12
January 9 & 23
February 13 & 27
March 13 & 27
April 10 & 24
May 8 & 22

TIME: 9:00am - 11:00am

LOCATION:

Lighthouse Child & Family Services
340 Garfield Street South
Cambridge, MN 55008

Transportation assistance & On-site childcare available.
Please let us know ahead of time if you will need either option!

TO REGISTER, CONTACT:

Leah Gilbert
320-362-4037
leah@lighthouse.health



This opportunity is funded by a grant from the Isanti County Opioid Settlement.