



Forty Carrots
Family Center

FAMILY, FEELINGS, & FUN

FREE GROUP FOR CHILDREN + CAREGIVERS | REGISTRATION ENCOURAGED

Family, Feelings, & Fun is a 6-week long series designed to help children, ages 5-10 years-old, and their caregivers engage in dialogue and activities on how to cope with big feelings. This group is aimed at helping children and caregivers work together to develop and practice these skills, supporting lifelong closeness and an ability to confidently face life's challenges together.



MONDAYS

10:30 AM - 11:30 AM

JUNE 15 - JULY 20

GROUP LOCATION



MOTHERS HELPING MOTHERS

Mothers Helping Mothers
5933 Washington Blvd.
Sarasota, FL 34243

EACH GROUP IS LIMITED TO
THE FIRST **12 FAMILIES** WHO SIGN UP

FOR A DETAILED SCHEDULE
VISIT [MHMSARASOTA.ORG](https://mhsarasota.org)
OR [SCAN HERE](#)



1350 Cattlemen Road, Sarasota, FL 34232

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fortycarrots.org