<table>
<thead>
<tr>
<th><strong>LIVE</strong></th>
<th><strong>LOVE</strong></th>
<th><strong>PARENT</strong></th>
<th><strong>LEAD</strong></th>
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<tbody>
<tr>
<td><strong>BUILD THE LIFE YOU DESIRE</strong></td>
<td><strong>BUILD A PARTNERSHIP THAT LASTS</strong></td>
<td><strong>CONNECT WITH OTHER PARENTS</strong></td>
<td><strong>CONNECT TO THE WORLD</strong></td>
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</table>
| **Zumba, January 15 & 22**  
@ 9:30-10:30 AM  
Ditch the workout and join the party! Zumba Fitness is an exhilarating, effective, easy-to-follow, Latin-inspired, dance-fitness program. Drop in and join the fun led by Nithya Krishnan! Healthy refreshments to follow! | **Love Languages**  
Winter Session:  
February 27 6-9 PM & February 28 9AM-3 PM  
Fall Session:  
October 23 6-9 PM & October 24 9AM-3PM  
When your relationship is healthy, everything else falls into place! The Five Love Languages utilizes fun-filled presentations and author, Gary Chapman, helps you identify your personal love language. He also helps you understand the love language of your spouse. Then he provides practical suggestions for enriching your marriage by practicing the other love languages. **Pre-Registration is required.** | **Parenting with Heart**  
Spring Session: April 8– June 10 each Wednesday  
@ 9:30-11:30 AM  
Fall Session: September 16– November 18 each Wednesday 11 AM–1 PM  
**LUNCH HOUR**  
Work have you feeling stretched? Need to connect? An informal round table discussion setting where parents discuss a variety of topics. This is a ten-week course where you decide what you will learn.  
**Pre-registration is required.** | **Museum of Play Family Trip**  
**FAMILY ACTIVITY**  
April 18  
Bring the entire family as we venture to the Strong Museum of Play in Rochester, NY. We will facilitate this trip in honor of National Child Abuse Prevention Month! There will be many opportunities on this trip to learn how important PLAY is to the health and well-being of your family! |
| **Daring Greatly Book Club/TED Talk, February 11**  
@ 12-1 PM  
**LUNCH HOUR**  
“Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable, or to dare greatly. Whether the arena is a new relationship, an important meeting, our creative process, or a difficult family conversation, we must find the courage to walk into vulnerability and engage with our whole hearts.” Does this sound like something you could use? Join us in viewing and discussing this TED Talk.  
**Reading the book is not required in order to attend, however, if you desire, please contact us in January to pick up a book! Pre-Registration is required.** | **The Gifts of Imperfection Book Club/TED Talk, August 12**  
@ 12-1 PM  
**LUNCH HOUR**  
“Each day we face a barrage of images and messages from society and the media telling us who, what, and how we should be. We are led to believe that if we could only look perfect and lead perfect lives, we’d no longer feel inadequate. So most of us perform, please, and perfect, all the while thinking, ‘What if I can’t keep all of these balls in the air?’” Sound familiar? Join us in viewing and discussing this TED Talk.  
**Reading the book is not required in order to attend, however, if you desire, please contact us in July to pick up a book! Pre-Registration is required.** | **Flip It! July 8– August 5, each Wednesday**  
@ 10 AM– 12 PM  
**Discipline issues have the rest of your life feeling chaotic? FLIP IT is a 4-step problem-solving strategy to help children identify their feelings, learn healthy self-control and reduce challenging behavior. Pre-registration is required.** | **Less Stuff, More Happiness, April 22**  
@ 12-1 PM  
Sneak out on Earth Day to view this gripping TED Talk and discuss! In a culture centered around consumption we will discuss practical ways to pare down our stuff and increase our happiness!  
**Pre-Registration is required.** |
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**Reading the book is not required in order to attend, however, if you desire, please contact us in July to pick up a book! Pre-Registration is required.** | **Parenting Through Separation & Divorce, January 14, February 25, April 8, May 20, June 17, July 29, September 23, October 21, November 18, December 2 @ 9AM-3PM**  
Does your separation or divorce have you feeling like your entire world has been flipped upside down? Join us and let us help! This class teaches parents specifically how to keep their children and family healthy. It teaches effective communication, problem solving, conflict resolution, establishing a business-like relationship with a former partner, and strengthening parent-child relationships. Sliding-fee scale.  
**Pre-Registration is required.** | **Hunger 101: The Importance of Sharing**  
& Food Drive, July 16  
@ 5 PM  
Join us in a hands on activity for children and parents where we address the issue of hunger. It will inspire and empower the family to make a difference in their community.  
**ALL DAY**  
Donate two non-perishable food items in lieu of your family admission for the day! | **Angel Tree Service Opportunity**  
**CHILD FRIENDLY**  
Come in or call to sign up during the Month of October to participate in donating an item to a family in need; we will have a list of specific items to purchase. Please join fellow parents for a provided lunch on December 9 at 12 PM when you drop of your items. |
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**LUNCH HOUR**  
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**Reading the book is not required in order to attend, however, if you desire, please contact us in July to pick up a book! Pre-Registration is required.** | **Marriage Refresher, March 4-25, each Wednesday @ 6-8 PM**  
**EVENING**  
Join guest facilitators Danielle & Dave Peters for four evenings that are sure to refresh your marriage. | **Dad’s Den**  
**CHILD FRIENDLY**  
January 31, March 14, April 25, June 6, September 26, November 7, December 5 @ 10:30 AM  
**REFRESHMENTS, discussion with other fathers, and activities will liven up your Saturday mornings! Drop-ins welcome!** | **Museum of Play Family Trip**  
**FAMILY ACTIVITY**  
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