



FEATURED TRIPLE P PARENTING DISCUSSION GROUP



Topic: Hassle-Free Mealtimes

FREE EVENT!

Tues, 11/17/26 6:30-7:45PM

Brook Park Library

This group explores factors that influence children's mealtime behavior, including nutrition, setting limits, and teaching healthy habits. Parents will learn strategies to increase food variety, manage mealtimes, and create a personalized family mealtime plan that supports balanced, nutritious eating.



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