



# Reducing Stress

**Building Resilience**

**Friday, January 17<sup>th</sup>, 2020**

11:00 AM – 1:00 PM

Location: Vineyard Church  
1617 6<sup>th</sup> Ave N

GREAT FALLS



**EARLY CHILDHOOD COALITION**

Developing the *WHOLE* child and family  
[www.gfecc.org](http://www.gfecc.org)

## FORUM

**1**

Learn how stress impacts the body, starting with the brain and ending in outward behaviors.

**2**

Explore different coping skills to help little ones learn how to work through tough emotions.

**3**

Discuss different resources available in Great Falls and surrounding areas, including what YOU think our community is missing.

### Questions?

Melissa Giard  
[Melissah@gfoppinc.org](mailto:Melissah@gfoppinc.org)  
(406) 761-0310

**\*Lunch will be provided**



**RSVP on Facebook**

@GreatFallsECC



SCAN ME

Parenting is hard. We can Help.

