

# Embracing the Roller Coaster of Life

*At these FREE events, you will form a community through meaningful, guided conversations about what matters most, our families and how to make them stronger.*

Life is like a roller coaster; you can either scream every time there is a bump...or you can throw your hands up and enjoy the ride.

January  
**24**

**VALUING HARD TIMES**

Time 6-8 p.m.

February  
**07**

**ADVENTURING TOGETHER  
WITH OTHERS**

Time 6-8 p.m.

February  
**21**

**THE POWER OF GOOD  
COMMUNICATION**

Time 6-8 p.m.

Parents/caregivers can register for all three sessions or choose the sessions that they are able to attend.

*You do not have to be enrolled in TCCA programming to attend.*

**Pull up a chair, grab a cup of coffee, and join us on Zoom for good conversations and connections with other parents/caregivers.**

