

# THE PREP

Everything you need to prepare for the week with PARENT PASS™



Winter Fests begin this week! **Friday** at the Victory Forest Community Center and **Saturday** at the Science and History Museum.

[Visit Parent Pass™](#)

## Free Events in View!

### 1. Anxiety is Real

**Monday, November 28th at 6 pm**

A NEW support group and skills class for youth ages 10-17. This group will unpack triggers for anxiety and build a new understanding on how to manage these feelings.

Check it out in [VIEW](#).

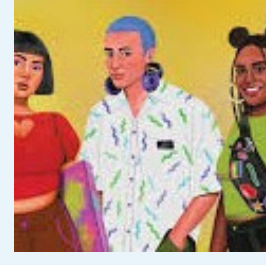


### 2. FSCC Teen REC

**Wednesday, November 30th at 3 pm**

Teens can come to the Fire Station Community Center to socialize with friends in a supervised environment after school.

Check it out in [VIEW](#).

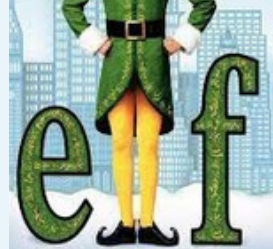


### 3. Elf in Burnett Park

**Friday, December 2nd at 7 pm**

Grab your popcorn and picnic blankets for movie night. Arrive early for a holiday photo opportunity with Santa Claus!

Check it out in [VIEW](#).



### 4. Toddler Studio: On the Go

**Saturday, December 3rd at 11 am**

We love things that GO! Learn all about motion with this toddler-friendly playtime inspired by speedy Carter artworks.

Check it out in [VIEW](#).



### 5. THR Wellness for Life

**Sunday, December 3rd 8:30 am - 3:30 pm**

Taking care of others, means taking care of yourself. Screenings, digital mammograms, well woman exams, and take-home colon cancer screening kits are provided!

Check it out in [VIEW](#).



[Visit Parent Pass™](#)

Want more? Visit [Parent Pass™](#) to access the full list of events near you.

## More in the App!

### Afterschool Therapy



#### Alliance Afterschool

This NEW resource offers play, group, and individual therapy for children ages 0-17. Free for eligible clients.

Find out more in [RECOMMEND + CONNECT](#)

### Did You Know?

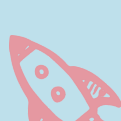


#### You Can Start a Play Group

Interested in starting a play group but not sure where to start? Meet other parents and form your own play group via CHAT.

Reach out in [CHAT](#).

### I Admire You



#### Great Things to Say to Your Child

Daily stress catches up to us quickly! Having this list of great things to say to your child is a reminder of what we can all use.

See more in [EXPLORE](#).

[Visit Parent Pass™](#)

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