



# ARTISAN'S HEALTHY FAMILIES INITIATIVE

## SERVICES AVAILABLE

### EARLY CHILDHOOD DEVELOPMENT

- Parenting seminars with discussion
- Parenting resources (articles, books, etc)

### HEALTHY GREEN LIVING

- Childhood health/nutrition seminars
- Green living seminars and courses

### INCORPERATING THE ARTS AT HOME

- Free early childhood music classes
- Early childhood music seminars

### STRESS MANAGEMENT/RELEIF

- Free, on-site massage therapy
- Stress & time management seminars
- Parent date nights to promote healthy relationships (child care provided)

### BUILDING COMMUNITY

- Themed events that bring families together for socialization
- Special performers

## ARTISAN'S HEALTHY FAMILY INTITIATIVE

### Our Objective:

To promote and support healthy families through free educational seminars, parenting resources, and other various family support services. We believe there is inherent value in coming together as a community and acknowledging the challenges that parents face when raising their children in today's society. It is a first step in creating an environment where parents feel valued, understood, appreciated and supported. Through this program, parents will have the opportunity to receive various free support benefits while building valuable relationships with other parents within the Artisan community.

**Events will be held on the 1st Tuesday of each month**

**6:30 PM at Artisan Childcare Center**

### Areas of Focus:

- Parenting Education
- Managing busy schedules/lifestyles
- Working around limited educational resources
- Monitoring the influence of media in our children's lives
- Helping children build healthy peer relationships
- Making healthy choices for our families (health, fitness, environment)
- Parent Stress Relief