



## ***Parenting kids 4-13 ?***

Want to help them be less materialistic and more caring and generous toward others? You're not alone!

Join with other families in this innovative **free** program offered in **Easthampton** by the Collaborative for Educational Services.

- ★ There are only 3 meetings - most activities can take place at home at any time that works for your family.
- ★ Families with children preschool through middle school are welcome from any community or town!

You will receive a **Free Book to Read and Discuss Together As a Family** along with a discussion guide. Also included are recommendations of other great books, and suggestions for fun family activities that focus on giving and feeling grateful.

**Join With Other Families Over Supper at Two Parent Cafes** to share about the successes and challenges of encouraging kids' gratitude and generosity. Caregivers will be grouped by their children's age for a facilitated discussion. Children will be engaged in fun activities while caregivers chat.

The program wraps up with a **Family Community Service Project** of your choosing, either individually or by joining with other families. This project grounds learning about gratitude and generosity in a real life experience of sharing with others as a family.

**All Program Events at Easthampton High School (70 Williston Ave)** with light supper provided:

Wednesday, February 27 5:30-6:45PM Orientation Meeting/Book Distribution

Saturday, March 16 4-6PM Parent Café 1 and Children's Activities

Saturday, March 23 4-6PM Parent Café 2 and Children's Activities

April 1 through April 21 Family Community Service Projects (self-scheduled)

**Interested and Want to Learn More?** See more details on reverse side, or contact Corky Klimczak, Program Coordinator, at [cklimczak@collaborative.org](mailto:cklimczak@collaborative.org) or 413-588-5565 or Ruth Ever, Easthampton G3 Coordinator, [rever@epsd.us](mailto:rever@epsd.us) or 413-207-5725.

**READY TO SIGN UP?** Go to: [bit.ly/g3registration](http://bit.ly/g3registration)



## Growing Gratitude & Generosity

### Most of us want our children to be caring and generous.

Research tells us that practicing gratefulness and giving are great ways to help children - and adults - become kinder and less materialistic and have more positive and fulfilling relationships. Other positive outcomes for children include better physical and mental health, academic strengths, altruism, and greater satisfaction with their lives.

**Growing Gratitude and Generosity** is an innovative family program of the Collaborative for Educational Services, funded by the Greater Good Science Center in Berkeley CA. Our goal is to help families learn together how to become more grateful and generous in their daily lives. Many of the parent-child activities take place at home at the most convenient time for each family. Families with children preschool through middle school are welcome from any town.

### Family Activities:

**A Common Read** We will provide an engaging, age-appropriate children's book for parents and kids to read and discuss together at home, and a booklet with a variety of books and activities to choose from to extend each family's exploration of gratefulness and giving.

**Two Parent Cafes** At two gatherings, parents will meet informally to learn from one another's successes and challenges in helping their kids to become more grateful and generous. A light supper, fun children's activities and child care will be provided.

**A Family Community Service Project** In groups or individually, families will design and participate in a family community service project of their choosing. Planning for the projects will be the focus of the second Parent Café.

The program will run between February 27 and April 21, 2019. All events will take place at Easthampton High School. See program schedule on reverse side.

**For more information:** Please contact Corky Klimczak, Program Coordinator, at [cklimczak@collaborative.org](mailto:cklimczak@collaborative.org) or 413-588-5565 or Ruth Ever, Easthampton Coordinator, [rever@epsd.us](mailto:rever@epsd.us) or 413-207-5725.

**To register for this free family program:** Go to [bit.ly/g3registration](http://bit.ly/g3registration)