

## Feeding, Eating, & Succeeding Together (FEAST)

FREE Workshop for parents/caregivers of children 2-6 years old



- Join us for a 4 week conversation based series.
- Discuss the challenges faced by parents/caregivers around meal time.
- Learn techniques to manage picky eaters and mealtime tantrums while promoting positive eating habits.
- **Reduce the stress around meal times.**

This workshop is offered through Zoom, register at [Zoom.com](https://www.zoom.us)

Meeting ID: 920 5582 4138

For more information call or text::

Tonia Pauli

586.522.8194



**DATE: Thursdays (May 21st, May 28th, June 4th, June 11th)**

**TIME: 10-11:15 am**

**LOCATION: Home Sweet Home**