



BUILDING BRIDGES

A CPP-BASED PARENTING GROUP

A group for strengthening parent-child relationships



For parents and caregivers of children under the age of 6



Date **Tuesdays 6/16/26-8/25/26**

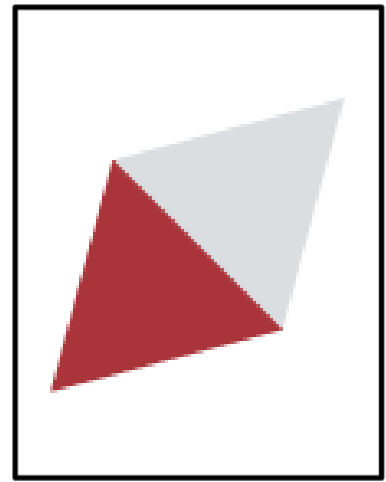


Time **10:00-11:30 a.m.**



Location **Waypoint
464 Chestnut Street
Manchester, NH**

REGISTER HERE:



Building Bridges is a trauma informed caregiver support group for families with young children.

A safe space where parents can:

- ➔ **Build connections with other parents**
- ➔ **Learn new coping strategies to manage parental stress**
- ➔ **Reflect on their parenting**
- ➔ **And expand knowledge on how trauma may impact children**

➔ **Get in Touch**

Please e-mail [Cassandra \(gonzalez@waypointnh.org\)](mailto:Cassandra.gonzalez@waypointnh.org) with any questions

FY22 Infant and Early Childhood Program. SAMHSA. Center for Mental Health Services (1H79SM086447-01)