



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 8/18/26-10/27/26**



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



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

REGISTER HERE:



WAYPOINT

Help Along the Way

waypointnh.org

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**
(gonzalezc@waypointnh.org) with any questions

About Waypoint Waypoint supports children, families, and individuals across New Hampshire, offering resources, family support, home care, and services for youth experiencing homelessness. This group is one way we provide help along the way.