

EMOTIONAL CONNECTION  
IN THE FAMILY  
MARCH WORKSHOP SERIES

CONNECTION  
WITH YOUR  
CHILDREN

AMANDA CRAIG, PHD,  
LMFT

MARCH 31, 2020

7-8:30PM

Modern research shows that human connection and attachment are essential to feeling happy and healthy. Specifically, we need emotional connection with other people in order to thrive.

This workshop focuses on how to develop, maintain and repair the emotional connection between caregivers and their children. Topics include ways to foster productive communication, to notice and share your child's wins, and to find time and energy to be present. We will also delve into a 'secret' ingredient of great connections: self-care. The workshop consists of a lecture followed by a question and answer period.



**Where: Southfield Center for  
Development now part of the  
*Sasco River Center*  
85 Old Kings Hwy N, Darien**

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**Dr. Craig is a licensed marriage  
and family therapist with office  
hours in Darien, Stamford and  
New York City. She works with  
tweens, teens, couples and  
families.**

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**RSVP to  
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917-510-6422**