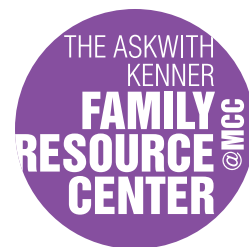


ASKWITH KENNER FAMILY RESOURCE CENTER PROGRAMS | MARCH 2024



**MONDAYS
10 AM**

PARENT SUPPORT GROUP | 154R

Join parents and caregivers sharing stories, tips, and experiences in parenting in today's complicated world.

**TUES. AND
THURS.
9 AM - 4 PM**

FREE TAX PREPARATION

The FRC is offering free tax preparation through the New York State VITA program. This service is by appointment only.

**SAT. 9 AM -
12 PM**

**THURSDAY,
3/28
3:15 PM**

FAMILY ARTS WORKSHOP | 158R

Learn how to use art to deal with stress. Join us and learn calming techniques and be in community with one another.

**FRIDAY,
3/29
9:30 AM**

COOKING WITH KENYA | AT MCC

This demonstration-style cooking class puts a healthy spin on classic and cultural dishes that are affordable, easy to make, and delicious!

**FRIDAYS
2 PM**

**3/8: SPANISH
3/15: CHINESE**

SELF-CARE WORKSHOPS | 154R

Retreat from the chaotic world and take a moment to care for your body, mind, and spirit. Each workshop offers a different self-care activity.

**SATURDAYS
11:15 AM**

READ, PLAY, CREATE! | 154R

Experience the joy of early literacy through art! Participants will enjoy listening to a storybook and will receive a box of found materials, curated to guide children's creative exploration of the book's theme.



SCAN HERE TO REGISTER

FOR A FULL CALENDAR OF EVENTS VISIT

mannycantor.org/resourcecenterworkshops

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