



# REGISTER NOW!

## SUNSHINE'S FALL PROGRAMS

Our engaging, interactive sessions help participants develop the tools they need to build stronger relationships, improve communication, and boost confidence.

### Monthly Topics Include:

- Friendship & Teamwork 🤝
- Communication Skills 🗣️
- Anger Management & Coping Strategies 💪
- Dealing with Bullying 🛡️
- Self-Esteem & Self-Worth 🌈

Age-appropriate groups for ages 5 - teens

### What You'll Gain:

- Stronger social skills
- Healthy conflict resolution
- Increased confidence
- Positive peer connections

Want more info?  
Call to set up a site visit



### ***Parenting/Support Component Included:***

*This year our parent component will be facilitated by MaryAnne Dumas from Family Service League. She will be incorporating the Triple P program which is evidence-based program that provides parents with simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing.*

Sunshine provides some financial support, sponsorships, discounts for families in need. Must apply!

**Registration:** Use QR Code to the right or website link.  
New families, please call to set up a site visit (IFA)  
(631)476-3099. 468 Boyle Road. Port Jeff Station  
[www.sunshinepreventionctr.org](http://www.sunshinepreventionctr.org)  
Email for more info: [amber.sunshinecenter@gmail.com](mailto:amber.sunshinecenter@gmail.com)

