



Kindness Leads

Community Wellness Peer Stewards Training

April 6 - April 27
Mondays, 6pm - 8pm via Zoom
Facilitator: Beth Robbins

Join a supportive four-week learning experience designed to help caregivers strengthen family relationships, support children's emotional well-being, and build kinder, more resilient communities. Each session offers practical tools you can begin using right away.

Week 1 Caring for the Caregiver

- Understanding kindness as a family value
- Simple self-care practices for busy caregivers
- Creating small daily rituals that build family connection

Week 2 Communication that Builds Respect

- Positive communication patterns for families
- Active listening and empathy skills
- Affirmations that strengthen children's confidence

Week 3 Creating Peaceful Homes

- Teaching generosity, fairness, and cooperation
- Simple calming strategies for children and adults
- Creating peaceful spaces for emotional regulation

Week 4 Kindness in Community

- Strengthening connection and belonging
- Encouraging acts of kindness in everyday life
- Creating a Family Vision Board for the future

To register for this training, and to receive a Zoom link, please contact Francisco Ramos at:
framos@nvcomm.org

For more information call 978-956-3140 or send an email to lazom@fitchburg.k12.ma.us