



PARENTING STUDENTS' CONNECTION GROUP

FOR ENROLLED FVTC STUDENTS AND STARTING POINT GRADUATES

9/29 - CHILDCARE

Let's explore childcare options and resources that help parenting students balance school, work, and family responsibilities.

11/3 - SELFCARE/TIME

Between classes, kids, and work... when was the last time you focused on yourself? Join us as we talk about reducing stress and practicing self-care. Discover quick tips, practical strategies, and guilt-free ways to recharge — plus time management tools to help you stay balanced, focused, and energized. All while connecting with other parenting students who get it!

ADDITIONAL FAMILY-FRIENDLY STUDENT LIFE EVENTS LOCATED IN THE COMMONS

SEPTEMBER 24TH
3:30-6:30

Game Night Palooza -

It's a night full of fun and food. Swing by to play air hockey, skee ball, pop a shot basketball, and more, all for free! When attending, students also get a ticket to enter for a prize drawing.

OCTOBER 8TH
5:00

Dinner with a Magician Featuring Ran'D Shine - Dinner starts at 5:00, Show Starts at 5:30

Enjoy a free dinner and a show! Ran'D Shine is known for performing real magic for real people and has become one of the most sought-after performers in the industry. Don't miss out!

DECEMBER 2ND
11AM-1PM

Hot Cocoa and Cookie Decorating -

Swing by the Commons to decorate cookies and sip on some hot cocoa to warm up.

*While supplies last

SEPTEMBER 29TH & NOVEMBER 3RD

1:00-2:30PM

RSVP - SCAN TO SAY "I'M IN!"



B105
Entrance 12

Can't attend in person? No problem - Join us virtually! Scan the QR code, answer a couple of quick questions, and receive the meeting link



Are You a Parenting Student? — Come learn about available resources while building a community and network of support. This is a safe and supportive space to share experiences and challenges, gain practical advice, and connect with other parenting students. **You're not alone — let's navigate college and parenting together!**