



BOYS & GIRLS CLUB OF THE BELLPORT AREA

471 Atlantic Ave
Bellport, NY 11713
631-286-9090



Welcome our November Service Partners



Nutrition and the Effects on Mental Health

Wed, November 6th, 2024 @ 6pm - 7pm

Learn the connection and practical strategies for incorporating nutrient-rich foods into their daily routines to support emotional resilience and mental clarity.



Friday Family Fun Night: Nutritional Cooking Class

Wed, November 8th, 2024 @ 6pm - 7pm

Explore delicious and healthy recipes that are easy to make together. Discover the joy of cooking as a family while learning tips and tricks to enhance your family's nutrition and well-being.



Parent Support Circle

Wed, November 13th, 2024 @ 6pm - 7pm

An open group with a confidential environment to provide support, and discuss the challenges of parenting.



Positive Parenting Program (Triple P)

Wed, November 20th, 2024 @ 6pm - 7pm

Discover effective strategies for nurturing and guiding your child through every stage of their development. Empower yourself with practical tools and techniques to create a harmonious and supportive family environment.



Friday Family Fun Night: Make Your Own Stress Balls

Wed, November 22th, 2024 @ 6pm - 7pm

Create colorful, squishy stress balls to help everyone unwind and relax. Bring your creativity and enjoy a fun-filled evening crafting stress-relief tools together!



Parent Support Circle

Wed, November 27th, 2024 @ 6pm - 7pm

An open group with a confidential environment to provide support, and discuss the challenges of parenting.

FREE WORKSHOPS,
PARENT SUPPORT GROUPS,
AND
FAMILY FUN NIGHTS!

REGISTER HERE:



CHILD CARE AVAILABLE WITH REGISTRATION

