**What is ECE FAST?**

ECE FAST (Early Childhood Education/Families and Schools Together) is a research-based 8-week program full of activities that empower parents and children alike. All the activities seem fun on the surface however each activity is supported by research and has an important purpose to:

* Help children express their feelings and thoughts.
* Provide tools & training to become an effective family leader.
* Show you how to strengthen your child's social/emotional well-being & mental health.
* Teach you to enhance relationships in your child's life to be safe, stable & nurturing.
* Connect you with a supportive community of those interested in their child's well-being & education!
* Give parents new tools to build their child’s self-esteem.
* Build bridges between family and school.
* Empower children with confidence to make good choices and seek success—at school, in their home, and in the community.

FAST is facilitated by an FRCSCV Parent Educator along with a Parent and Community Partners. In the class they partner with parents to increase their child's social/emotional well-being and learning readiness.

A FREE MEAL, ACTIVITY and chance to WIN a raffle basket are available at each session!