



About First Monday Nourish & Nurture Parent-Child Group:

A fun, welcoming, and completely free program designed to support families with young children through connection, play, learning, and growth.

Location:

Chautauqua Children's Gym

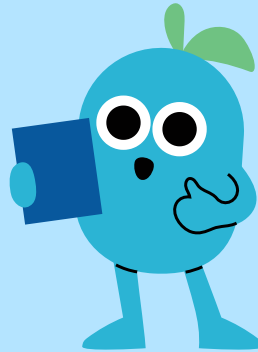
3469 E. Main Street
Dunkirk, NY 14048

Dates:

October 5th
November 2nd
December 7th
January 4th
February 1st
March 1st
April 5th
May 3rd
June 7th

Interested?
Have questions?

Reach out to us!



Contact Us:

Denise Nichols
716-753-4893

Jacquelyn Gambino
716-640-9591

Michelle DeLeon
716-269-4974



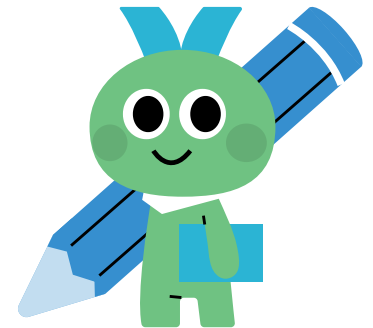
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FIRST MONDAY

Nourish & Nurture Parent-Child Group

A free opportunity for families
with young children in
Chautauqua County.



What to expect:

Parent-Child Play & Learning 10:30 - 11:00

- Hands-on play and learning led by Sara Sullivan (Physical Therapist) and Dawn Manzella (Special Instruction Teacher).
- Parents join their children in fun activities designed to support motor, social, and developmental growth.
- Families gain simple ideas and strategies they can use to support their child's development through everyday play and routines at home.

Parent Connection & Education 11:00 - 11:30

- While children enjoy supervised free play in the gym, parents have time to connect, share experiences, and support one another.
- Group discussions and activities shaped by parent interests, questions, and everyday challenges, with topics planned throughout the year based on family feedback.

"Cooking with Kids"- Nutrition & Lunch

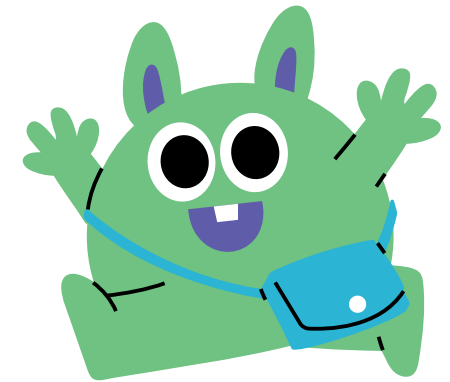
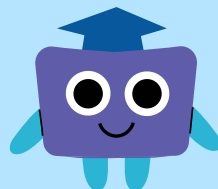
11:30 - 12:30

- Hands-on cooking and nutrition activities led by Wendy Alexander, Community Educator with Cornell Cooperative Extension.
- Families prepare and enjoy a healthy lunch together while learning practical cooking skills.
- Families earn useful cooking utensils to keep by attending multiple sessions.

Who is this group for?



- Families with children enrolled in Early Intervention (EI), CPSE or the Children & Youth with Special Health Care Needs (CYSHCN) program.
- Families who feel their child would benefit from developmental support.
- Siblings welcome! They can participate in supervised gym play and join the meal.



Is getting there an issue?

We have a solution!

We have partnered with CHQ Transit to offer transportation to and from our parent group, right from your front door if you need a ride!

Call Today to Register:

716 - 753 - 4893