

# Parent Chat

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**Join us: Saturday November 14th**  
**10:00am-12:00pm (Guest Speaker from 10:30-12pm)**

University of Oregon's Clinical Services Building  
901 E 18th Avenue Eugene, OR 97403 Rm: 145  
Parking is free on Saturdays.

This month's theme:

## Tips for Avoiding Sensory Overload During the Holiday Season!

### Parent Chat

- Come meet new families!!!
- Each month has a new theme and guest speaker from 10:30-12:00pm with exciting tips and tricks for families.
- Coffee and light snacks will be provided



### Play Group

- All children in the family are invited to join the fun!
- Dedicated and specially trained Early Childhood CARES staff will lead the playgroup.
- Child led activities for playing together and learning from each other

Please register by calling or emailing Carla: 541-346-2578 [cmetz@uoregon.edu](mailto:cmetz@uoregon.edu)  
For texting contact: Cassandra: 541-556-9196