



Jefferson
READY START
NETWORK

FREE

Parenting can be challenging. You don't have to do it alone.

FAMILY RESOURCE EXPO + PARENT TRAININGS

Connect with family resources and practical parenting strategies.



Eastbank Expo

Friday, November 20, 2026

10:00 am to 2:00 pm

Eastbank Regional Library
4747 W Napoleon Avenue
Metairie, LA 70001



Westbank Expo

Saturday, November 21, 2026

10:00 am to 2:00 pm

Mel Ott Multipurpose Center
2301 Belle Chasse Highway
Gretna, LA 70056

IN-PERSON SESSIONS AT THE EXPO

Finding Your Calm Through Big Feelings

Explore how brain states shape our reactions and children's behaviors.

Learn practical ways to find your calm, support big feelings, and strengthen your connection with your child(ren).

In-person training sessions are offered on both expo dates: 9:30 a.m. and 12:30 p.m.

*Training begins before the expo opens

JOIN FROM HOME

Virtual Trainings

Virtual Sessions: 6-8 PM

Nov 3 | Building Safety through Predictability and Rituals

Nov 10 | Responding to Mayhem: Tantrums from Toddlers

Nov 17 | Managing Physical Agression (Hitting, Kicking, Throwing)

All Events & Trainings are Free

Please register for in-person and virtual trainings to help us plan attendance. Scan the QR code to sign up.

No registration needed to visit the Family Resource Expo.



www.jeffersonreadystart.com