

## Rutland County Parent Child Center



Caring for Families • Caring for the Future

# Rutland County Playgroups



# Free

### **RCPCC Playgroup List**

#### **Middletown Springs:**

Middletown Elementary,  
Middletown, VT Mondays 9:30  
-11:00

#### **Mount Holly:**

Mt. Holly Library, Mount  
Holly, VT Tuesdays 10:00-  
11:30AM

#### **Castleton:**

Castleton Library, Castleton,  
VT Wednesdays 10:00-11:30AM

#### **Pittsford:**

MacClure Library, Pittsford,  
VT Thursdays 10:00-11:30AM

#### **Rutland City:**

Rutland Free Library, Rutland,  
VT Fridays 9:30-11:00AM

**Department of  
Health/WIC breast-  
feeding peer counsel-  
ors are on site at Mt.  
Holly, Castleton and  
Rutland Playgroups.**

RCPCC Playgroups are informal gatherings of families who share the common thread of wanting a supportive experience for their child. Children have the opportunity to hear stories read and “play” using story boxes. They socialize and learn with other children while listening to songs, dancing, playing with educational toys and participating in creative projects.

Parents and other care givers can make new friends, reduce isolation, share joys, concerns, ideas, and experiences, and learn from other parents.

### **Play groups help children gain a variety of valuable skills:**

**Social and emotional** – How to play and interact with other children and adults.

**Physical** – Improve fine motor control through art and crafts activities. Movement and dance improves health and large motor control.

**Cognitive** – Discover more about their world, problem solving and improve reading and writing readiness through creative play and literary activities.

#### **Rutland County Parent Child Center**

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