



Monthly Parenting Seminars

FREE

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Initiative

Whether you are parents, guardians, grandparents, foster parents, or other types of supports for children, you are welcome to attend.

The topics covered will be applicable to any age children living at home.

When:

The **3rd Wednesday** of each month from October-May (excluding December and March)

6:00-7:30pm

October 16th, November 20th,
January 15th, February 19th,
April 15th, May 20th

Where:

Ecole Central Elementary School
10215 99 Ave

Topics Covered

October 2019 – **Talking with Your Child, Not at Them**

November 2019 – **Understanding Anxiety and Supporting Within the Family**

January 2020 – **Caring for Yourself While Caring for Others**

February 2020 – **Understanding Self Harming Behaviour and How to Respond**

April 2020 – **Trauma Informed Parenting**

May 2020 – **Parent Training for Disruptive Behaviours**

LIMITED SPACE
EMAIL TO REGISTER

Whether you would like to register for all sessions or only specific topics, email Crystal Anielewicz to reserve your spot.

canielewicz@prn.bc.ca

Hosted by School District 60

And Community Contributors

