

Educational Support Services presents:

# PARENT SYMPOSIUM

Saturday October 13, 2018

1 Braintree Crescent

Free Lunch

Door Prizes

**Morning sessions (10am-11:30 am) include:**

## **Positive Parenting Program (PPP)** (Relevant for ages 2-12 years old)

- Simple and practical strategies to help build strong, healthy relationships with your children and confidently manage their behavior.

OR

## **Raising Children in the Digital World**

- Understanding the impact of screen time on children and teens.
- How to set boundaries and keep children safe and healthy in today's world.

**Afternoon sessions (12pm-1:30 pm) include:**

## **Helping Your Anxious Child** (Relevant for preschool to teenage years)

- Information, hands on strategies and support for parents and loved ones of children presenting with symptoms of anxiety.

OR

## **How to Survive Parenting a Teenager**

- Information and strategies on dealing with teen issues such as staying connected, dealing with emotions, setting boundaries, and managing high-risk behaviour.

Please Email Arlie at [ptregistrations@sjsd.net](mailto:ptregistrations@sjsd.net) to register by October 1, 2018. If you need childcare, please list how many children and ages at time of registration. All are welcome to attend all day or just one session in the morning or afternoon.

**Free Childcare**