

Family Services of the North Shore presents:



WINNING AT PARENTING

This is a 6-week program for parents of children from 6 to 10 years of age, based on S.T.E.P. (Systematic Training for Effective Parenting). Children at this age are busy redefining who they are in the eyes of their peer group and mastering academic and physical skills. Topics include:

- 🌻 Learning ways to encourage and raise self-confidence
- 🌻 Setting limits as children want more freedom
- 🌻 Strategies for effective discipline
- 🌻 Improving communication and cooperation

We are not scheduling this group, but if you would like to put your own group together we will provide the facilitator at your location or ours (255 West 1st Street, North Vancouver). The cost is \$125/single and \$210/couple including manual. The minimum number is 12.



For further information, please call Mimi Hudson at 604-988-5281 or email: mhudson@familyservices.bc.ca



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