

PARENTING TOTS AND PRESCHOOLERS

It is a challenging world for the 2 – 5 year olds and their parents. This 6-week program based on S.T.E.P. (Systematic Training for Effective Parenting), will focus on the world of the preschooler with some practical tips on:

- ❁ Teaching children cooperation and discipline
- ❁ Respectful communication
- ❁ Confidence building & self-esteem
- ❁ Socially acceptable behaviour



DATES: Mondays, Sept. 13-Oct. 25/10 (no class Oct. 11)

TIME: 6:30-8:30 p.m.

PLACE: Family Services of the North Shore
I hope family centre

COST: Free but registration is required

FACILITATORS: Adler School of Professional Psychology
M.A. Counselling Students:
Jenna Fletcher & Sara Shreeve-Fawkes
(Supervised by Mimi Hudson, M.A., R.C.C.
Director of Community Programs, FSNS)

To register call Vicki at: 604-988-5281, extension 202