



# PARENT WORKSHOPS

Every 1st and 3rd Wednesday  
6:00pm to 7:00 pm

Click or Scan

Zoom Link



## Come Join Us

For an evening of  
information,  
conversation and  
community

### **August 17, 2022**

Understanding and helping a child  
with ADHD

### **September 7, 2022**

Helping your child/ren manage school  
related anxiety

### **September 21, 2022**

The Importance of Social Emotional  
Learning

### **October 5, 2022**

Lets talk about drug education and  
prevention

### **October 19, 2022**

Recognizing and understanding the  
effects of bullying

### **November 9, 2022**

Let's learn about grief and  
bereavement for healing

### **December 7, 2022**

How to improve communication with  
your children

### **December 21, 2022**

How to keep your child/ren safe on the  
internet during winter break



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