



Come Join Us

For an evening of
information,
conversation and
community

PARENT WORKSHOPS

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

Click or Scan

Zoom Link



August 16, 2023, January 17, 2024

Understanding and helping a child
with ADHD/how can counseling help

September 6, 2023, February 7, 2024

Helping your child/ren manage
school related anxiety

September 20, 2023, February 21, 2024

The importance of social emotional
learning skills

October 4, 2023, March 6, 2024

Lets talk about drug education and
prevention

October 18, 2023, March 20, 2024

Recognizing and understanding the
effects of bullying

November 1, 2022, April 17, 2024

Let's learn about grief and
bereavement for healing

November 15, 2023, May 1, 2024

How to improve communication with
your children

December 6, 2023, May 15, 2024

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



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DBHDD