



**ONLINE**

# Monthly Parenting Seminars

**FREE**

**P** Peace  
Positive  
Parenting  
Initiative

Whether you are parents, guardians, grandparents, foster parents, or other types of supports for children, you are welcome to attend our monthly zoom sessions.

The topics covered are applicable to any age children living at home.

## When:

The **3<sup>rd</sup> Wednesday** of each month  
from October-May  
(excluding December and March)

**6:00-7:00pm**

*With time afterwards for  
discussion/support/questions*

*October 21<sup>st</sup>, November 18<sup>th</sup>,  
January 20<sup>th</sup>, February 17<sup>th</sup>,  
April 21<sup>st</sup>, May 19<sup>th</sup>*

## Where:

Online Zoom session can be  
accessed on any device. **Link will  
be provided upon registration**

## Topics Covered:

October – **Caring for Yourself While  
Caring for Others:** *Navigating  
SELF-care during Covid times*

November – **Talking With Your Child,  
Not At Them:** *The differences  
inclusion and choice make in  
communication*

January – **Navigating Behaviour using  
DBT:** How to use Dialectical  
Behaviour Therapy tools in daily  
life at home

**Remaining 2021 monthly schedule  
will be shared prior to January.**

**LIMITED SPACE**

**EMAIL TO REGISTER**

Whether you would like to register for all sessions or only specific topics, email Crystal Anielewicz to reserve your spot and receive the Zoom link.

**canielewicz@prn.bc.ca**

**Hosted by School District 60**

**And Community Contributors**

