



**BURNABY
FAMILY LIFE**
A PLACE TO GO... A PLACE TO GROW!



Calm & Confident Parenting

The world keeps changing and as conscious parents we need to tune in and build confidence in our parenting skills so that we can provide our children with the love, support and care they need for their healthy development.

Join us for 8 weekly sessions to share strategies and ideas that will help create calm and joyful moments for you and your family. Learn how to build life-long skills and habits for your preschool and elementary school aged children. Discussion topics will include the following themes and more:

Managing challenging behaviours

What are our children's temper tantrums and anxious behaviours telling us and how can we help them regulate their emotions

Social media - it's a whole new world

How do you navigate screen time battles and find creative, fun and healthy habits for the whole family

Understanding Sexual orientation & gender identity

Increase your understanding of human expression in a safe space.

Compassionate parenting

Building self-awareness through self-reflection and compassion will help you create calm and joyful moments for yourself and for your children.

Why nutrition is important

How to to make healthy eating fun for the whole family.



**8 weekly sessions: Thursdays,
starting January 16, 2025,**

Time: 12:35pm to 2:30pm



**Stoney Creek Community School,
2740 Beaverbrook Crescent, Burnaby BC V3J 7B6**

Free childcare (18m to 6 years), snacks and bus tickets are provided, if required.

If you need childcare, please mention number and ages of children when registering.

- Please register at <https://forms.office.com/r/3P4RFcSR7B>
- For questions, please email: taryn.briscoe@burnabyschools.ca or call 604-296-9031 ex 651013

LIMITED SEATS