

# **FINE TUNE YOUR PARENTING SKILLS**

(for parents of children aged 5 to 11 years old)

**COMMUNICATE  
BETTER WITH  
YOUR CHILDREN**

**RAISE  
SOCIALLY  
RESPONSIBLE  
CHILDREN**

**Two different parenting programs will be offered this term.  
The information and contact person is listed below.  
Register quickly to assure a space.**

**How to Talk so Kids Will Listen...  
How to Listen so Kids Will Talk**

**Rochester Elementary:**

The 6 sessions are held Tuesday nights from 7-9 PM.  
Beginning October 26 and ending November 30<sup>th</sup>.  
Book cost: \$20.00 (payable first class)

**Steps to Effective Parenting.**

**Alderson Elementary:**

The 7 sessions will be held from 9:30 AM – 11 Am  
Beginning October 20 and ending December 1<sup>st</sup>.  
Book Cost \$25.00 (payable first class)

**Facilitated by: Marna Omichinski / Youth Worker**

**To Register: Email: [momichinski@sd43.bc.ca](mailto:momichinski@sd43.bc.ca)**

**Phone: 604-313-8902**