



Is proud to present...

Creating Calm and Keeping Balance

Tools and Strategies for a Healthy Family Life

Featuring Don Lasell, M.A. Registered Clinical Counsellor

Thursday, November 20th 2014, 6:45 - 8:30 p.m.

at Riverside Secondary School

2215 Reeve Street, Port Coquitlam

\$8 per couple/\$5 per single

As part of his presentation, the topics that Don will discuss include:

- keeping first things first - a discussion on knowing your priorities
- communication skills for maintaining healthy relationships
- stress reduction strategies
- strategies for resolving conflict in one's marriage and family
- how to gain cooperation through the use of family council meetings

- **FREE Childminding available with advance registration at ssfspe@gmail.com by November 14, 2014**

- Light refreshments provided

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November 20th, 2014

Riverside Secondary School, 6:45-8:30 p.m.

Please e-mail us at ssfspe@gmail.com by November 14, 2014 in order to register.

Please include the following information in your e-mail:

- Names of those attending
- Telephone number
- Number and age of children requiring child minding

Payments will be taken at check-in at the seminar (please arrive early as line-ups can be long).

Cheques can be made payable to 'SFSPE' or 'Southside Family of Schools Parent Education'.

Walk-in registrations will be accepted only if there is space available.