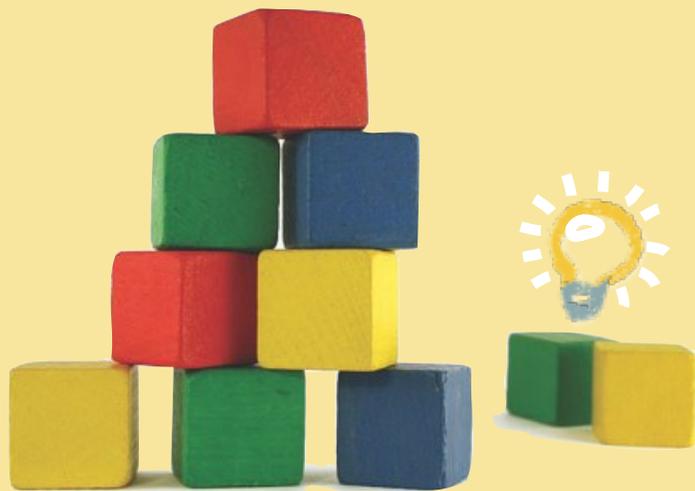


Social-Emotional Development Workshop Series

Free workshops for **parents** with children 0-6 years of age



Childminding: Limited space.
Please register in advance.

Information or Registration: Catherine Ho
E: Catherine.ho@sharesociety.ca
T: 604-529-5132



Parenting the Developing Brain - Amrit Dhariwal, PhD RPsych

This 2-part workshop will cover easy-to-master basics about how the young brain works. Caregivers will learn strategies to support brain growth including:

- helping children manage difficult emotions
- communicating when children seem irrational
- setting effective limits to behaviour
- responding to anxieties and fears

Dates: February 17, 2014 from 6pm - 8pm | Part 1

February 24, 2014 from 6pm - 8pm | Part 2

Location: Coquitlam River Elementary - 4250 Shaughnessy Street, Port Coquitlam



The Challenge of Behaviours: A Proactive Approach - Deb Smith, M.Ed.

This two-part workshop will explore reasons behind the “communication of behaviours”. You will gain a deeper understanding of “why the behaviours” and “how to prepare for these behaviours” in a confident and successful manner. You will take away from this workshop:

- a new understanding of behaviours and the rationale behind them
- “tools in your toolbox” for responding to, rather than reacting to behaviours
- more confidence in parenting children with challenging behaviours

Dates: March 3, 2014 from 6pm - 8pm | Part 1

March 10, 2014 from 6pm - 8pm | Part 2

Location: Coquitlam River Elementary - 4250 Shaughnessy Street, Port Coquitlam