

# You're Invited...

*DPAC43 invites parents to explore what self-regulation is all about.*

## Parent Information Night

**Date:** Monday, May 11, 2015  
**Place:** Gallery Room, Winslow Centre  
1100 Winslow Ave, Coquitlam  
**Time:** 7:00 – 8:30 p.m. (doors open at 6:30)

The ability to self-regulate is now recognized as being a greater indicator of life success than either IQ (Intelligence Quotient) or EQ (Emotional Quotient). This session will explore what self-regulation is all about and the essential role that parents and family members play in developing this important skill. This session is applicable to parents of children and teens and will look at developmental challenges that affect self-regulation in both of these populations.

Please join guest presenters **Lynda Swain**, Occupational Therapist, and **Anne Lenarczyk**, District 43 teacher.



District Parent Advisory Council

Please register online at:

<http://dpac43selfregulation.eventbrite.ca>

Questions?

Call 604-939-3690 or find us at [www.dpac43.org](http://www.dpac43.org)