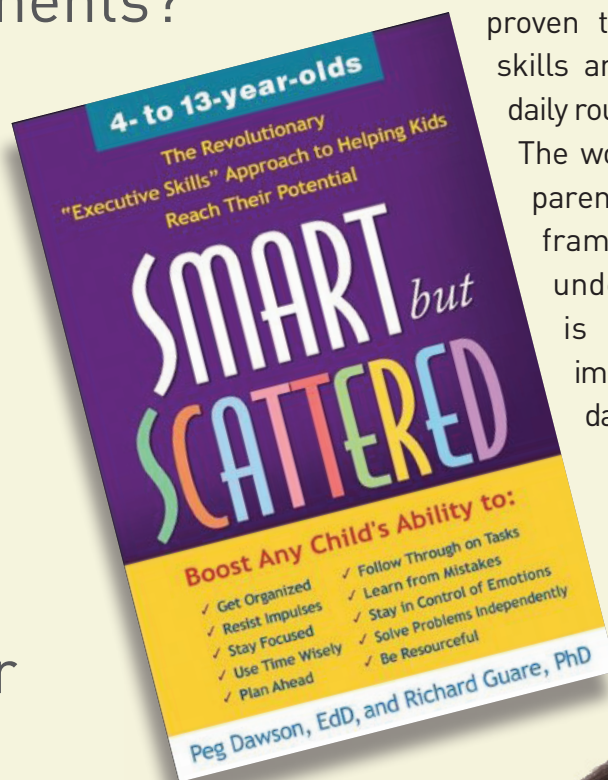


Smart but Scattered?

NOVEMBER 21
7 - 8 PM
HILLCREST MIDDLE SCHOOL

Does your child have difficulty:

- finishing homework and submitting assignments?
- remembering notices, chores or following instructions?
- staying organized and on task?
- coping with disappointments or managing anger?



Based on the book, Smart but Scattered, you will learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills and problem-solve daily routines.

The workshop will give parents a functional framework to begin understanding what is developmentally important for day to day functioning.

This workshop will help boost your child's ability to:

- Get Organized
- Resist Impulses
- Stay Focused
- Use Time Wisely
- Plan Ahead
- Follow through on Tasks
- Learn from Mistakes
- Stay in Control of Emotions
- Solve Problems Independently
- Be Resourceful.

To Register: Doris Portelance at dportelance@sd43.bc.ca on (604) 936-4237 or before November 21.

Questions Contact: shsullivan@sd43.bc.ca

Workshop led by:

Shannon Sullivan BEd, MEd (candidate)

Christine Abbot BEd, MEd
Hillcrest Middle School
Grade 6/7/8 Yellow Team/MACC

