



Is proud to present...

Understanding Family Dynamics



Featuring Dr. Nima Rahmany
Thursday, February 18th 2016
6:45 - 8:30 p.m.

at Citadel Middle School

1265 Citadel Drive, Port Coquitlam

\$8 per couple/\$5 per single

Kids over 12 are welcome to attend

Popularly renowned as "the stress doctor", Dr Nima Rahmany captivates and educates audiences worldwide with "edutainment" that speaks compellingly to all seeking purpose, health and wellness. With his goal of bringing stress & resilience education globally to school-age students, Nima is leading an international movement inspiring people to live a life on purpose and in service to others. Currently on tour in Europe, Australia and North America, catch this rare opportunity to learn family life mastery skills, one-on-one, in a smaller, intimate audience. Visit Dr. Nima at www.drnima.com.

- **FREE Childminding available with advance registration at ssfspe@gmail.com by February 15, 2016**
 - Light refreshments provided

Dr. Nima Rahmany - "Understanding Family Dynamics"
February 18th, 2016, Citadel Middle School, 6:45-8:30 p.m.

Please e-mail us at ssfspe@gmail.com by **February 15, 2016** in order to register.

Please include the following information in your e-mail:

- Names of those attending
- 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.