



Family Knowledge Nights

Struggling with Behaviors?

What are they?

What do you want?

What can you do?

Did it work?

What next?



For Parents / Guardians of school age children age 5 to 12 years

As the puzzle of behaviour is explored in this 8-week group, the focus will be on:

- Exploring what behavior is all about
- Gaining understanding and tools to manage behaviors
- Increasing knowledge about your child's behaviour as they develop
- Building on strengths and skills to enhance your family relationships

As parents or guardians you will learn:

- The Deadly Habits and the Connecting Habits
- Concepts about "Total Behavior"
- "Driving your own car" to manage life more effectively.

Join us for some fun learning and connection ☺

The knowledge you will gain in this group can literally change the way you think about yourself, your family and your child with real results that can last.

WORKSHOP DETAILS - Registration Required

Facilitator: Sheila Stashuk-Sanchez

Date: Tuesdays - Jan 16th to Mar 13th

Time: 5:30 to 7:30

Who: Parents/Guardians of school age children - 5 - 12 years' old

Location: Nanaimo Child Development Centre

* Healthy Snacks and Refreshments will be available



Possible childminding if required - availability to be determined at time of registration. Space is limited please contact Kimberlee for registration in workshop and child care needs at:

Kimberlee Howland
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