



Child & Youth Mental Health Program

presents

Maintaining the Balance Parenting Program

- Free, one session!
- Strength-based, solution focused
- Open to any parents- limited number of spots available (pre-register)
- Lunch is provided
- Child care is available (please request when you register)

Focus:

- Understanding behavior
- Relationship building strategies
- Importance of self-care

When (choose one):

November 22 10 AM -3 PM

January 30 & 31 4:30-7:30 PM

Contact:

Please contact 274-7787 to speak with Janice Gagne (ext.5063) or Krista Ling (ext.5077) to register or for more information.

