

CLC Lachute is pleased to offer a videoconference on



PARENTING 101

Parenting in today's hurried world is not always easy. Both parents and children feel the pressure of balancing school, homework, careers and extracurricular activities with quality family time. This presentation raises discussion on what children need to become independent, self-reliant and resilient. It includes enhancing self-esteem in a positive manner, building coping strategies when faced with failure or disappointment, encouraging motivation and fostering strong decision making techniques. The influence of peers and parenting styles will be included. Presenter will be Carol Liverman, Clinical Supervisor, in partnership with OMETZ.

WHERE:

The Community Learning Center at LRHS
448 Argenteuil Ave. Lachute Qc.

WHEN:

February 6th, 7:00 – 9:00 PM

TO RESERVE YOUR SPOT:

Call Melanie Bujold at 450-562-8571 extension 8449 or by email at mbujold@swlauriersb.qc.ca

Free!

