



## Come Join Us

For an evening of  
information,  
conversation and  
community

# PARENT WORKSHOPS

Every 1st and 3rd Wednesday  
6:00pm to 7:00 pm

Click or Scan

Zoom Link



**August 16, 2023, January 17, 2024**

Understanding and helping a child  
with ADHD/how can counseling help

**September 6, 2023, February 7, 2024**

Helping your child/ren manage  
school related anxiety

**September 20, 2023, February 21, 2024**

The importance of social emotional  
learning skills

**October 4, 2023, March 6, 2024**

Lets talk about drug education and  
prevention

**October 18, 2023, March 20, 2024**

Recognizing and understanding the  
effects of bullying

**November 1, 2022, April 17, 2024**

Let's learn about grief and  
bereavement for healing

**November 15, 2023, May 1, 2024**

How to improve communication with  
your children

**December 6, 2023, May 15, 2024**

How to keep your child/ren safe on the  
internet during winter break



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DBHDD