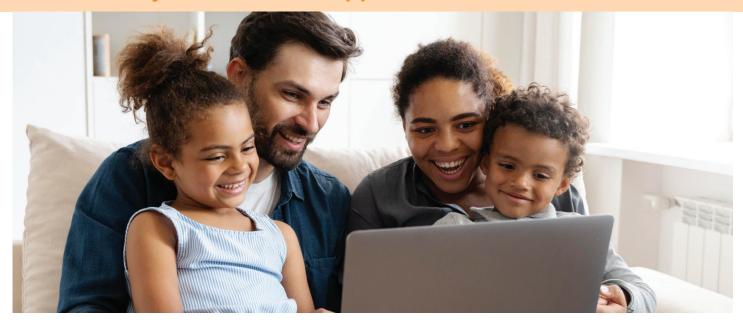




# **Family Education & Support Centre Zoom Classes**



Maple Ridge – Pitt Meadows School District No. 42, in partnership with the Family Education & Support Centre, is offering evening Zoom workshops. Class materials and Zoom links will be emailed to you before the session. All courses follow a workbook format, so please print the materials or have them available on another device during the class. Pre-registration is limited to one parent/caregiver as spaces are limited; however, more than one parent/caregiver may participate in the Zoom meeting. A 24-hour cancellation notice is required for a refund.

### **HOME ALONE WORKSHOP**

This two-hour Zoom course is an opportunity for parents/ caregivers who want to prepare with their child for staying at home alone. Topics covered include dealing with emergencies, answering the door, snacks/cooking and gauging your child's readiness to be home alone. Our evening workshops are open to all families in Maple Ridge and Pitt Meadows. Parents/guardians must participate with the child.

Cost: \$10 May 15, 2024 6:00 to 8:00 p.m.

#### **PARENTING RESILIENT CHILDREN**

The Family Education & Support Centre is excited to present an online workshop that will help parents/ guardians better understand resiliency and how to foster it within their households. We will look at the four aspects of resiliency, including optimism, emotions, relationships,

and competency.

Cost: \$10 June 19, 2024 6:00 to 8:00 p.m

## **CONFLICT RESOLUTION WORKSHOP**

The Family Education and Support Centre is thrilled to present a workshop that will provide knowledge and skills for dealing with conflict as a parent/guardian. Some learning tools will include "I" statements, conflict management styles, trigger scale, active listening, paraphrasing, and open questions for parenting.

Cost: \$10 June 20, 2024 6:00 to 8:00 p.m

# How to register

- Go to http://schooldistrict42.perfectmind.com
- · Create an account if you are new to the site
- Login
- Click on the 'Schedule' icon at the top left of the screen
- Click on District Program Registration (Under Program Registration)
- Click on Virtual Online Sessions
- Click on your course of interest then enrol
- A Zoom link will be emailed to you after you register

For more info, contact Hannah Macdonald: 604.837.2384 or hannah\_macdonald@sd42.ca.