

## 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: \$15**  
**January 15, 2025**  
**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: \$15**  
**February 19, 2025**  
**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: \$15**  
**March 19, 2025**  
**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.**