



Parenting

Seminars 2019

Session 1: Raising an Emotionally Intelligent Child

- March 27th at 7pm

Details: In the last decade, research has discovered that Emotional Intelligence (EQ) is the key for success and happiness in life. Emotional Intelligence is the ability to be aware of, control and express our emotion as well as understand the emotions of others. Emotional Intelligence plays an important role in managing life's stress and interpersonal relationships.

Victoria Prooday, a well-known speaker and expert in the topic, will inspire you with an Emotionally Intelligent mindset to parenting as well as with practical tools to raising self-regulated, empathetic, social and responsible children who are ready for to conquer the challenges of the real world.

Session 2: ADHD – May 1st at 630pm

Details: Through the Triple P Positive Parenting Program, learn about the causes and effects of ADHD as well as how to support children living with ADHD to be successful and confident.

Session 3: Self Esteem – April 10th at 630pm

Details: Through the Triple P Positive Parenting Program, learn how to help your child set goals and do things for themselves, manage their feelings, think realistically, and be optimistic.

Session 4: Lying – May 15th at 630pm

Details: Through the Triple P Positive Parenting Program, learn about when and why your child may tell lies, and how to encourage your child to be truthful.

**FREE CHILDCARE
OFFERED WITH
PIZZA PROVIDED**

**COFFEE AND
REFRESHMENTS
PROVIDED**

**SESSIONS FREE TO
ALL PARTICIPANTS
(ADULTS ONLY)**

**GAIN SKILLS AND
KNOWLEDGE TO
HELP YOUR CHILD
SUCCEED!**

**OPEN TO ALL
MEMBERS OF THE
COMMUNITY FROM
ALL SCHOOLS.**

**VENTURA PARK
PUBLIC SCHOOL**

121 Worth Blvd
Thornhill, ON

Please RSVP at least one week before each seminar and mention which seminars you will attend:

venturaparksc@gmail.com