



# Parenting Seminars 2019

## **Session 1: Raising an Emotionally Intelligent Child - March 27<sup>th</sup> 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 1<sup>st</sup> 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 10<sup>th</sup> 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 15<sup>th</sup> 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**

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**COFFEE AND  
REFRESHMENTS  
PROVIDED**

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

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

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**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:

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