

Supports for Families Workshop Guide 2020 (January to March)

(All workshops are free of charge, however registration is required)

Canadian Red Cross' Beyond the Hurt

Location: Fulton Child Care Association 10310-56st (West Doors)

Thursday, January 23, 2020	6:15 – 8:30pm	Modules 1, 2, & 3
Thursday, February 6, 2020	6:15 – 8:30pm	Modules 4 & 5

The purpose of the *Beyond the Hurt* course is to equip educators, health professionals, community workers, parents, care givers, and other adults who work with or care for children and youth, with the understanding and tools to effectively prevent and respond to bullying and harassing incidents in schools, organizations and the community. This course is an online course that will be presented in a group setting. It will cover 5 modules over the course of 2 evenings. Each evening will be approximately 2 hours long. A certificate will be presented upon successfully completing all modules.

Goodbye Bedtime Battles

Location: Fulton Child Care Association 10310-56st (West Doors)

Thursday, March 26, 2020 6:15 – 8:30pm

Bedtimes can be a struggle for your child and family. Come to this introductory workshop to help make bedtimes more peaceful. The workshop is for parents of children 6 months to 5 years of age. Join other parents and the pediatric Occupational Therapist (OT) to: Learn more about the many different factors that influence a child's sleep: routine, environment, and positive sleep-time associations. Discover how to begin and continue healthy sleep habits. Choose which *first step* strategies best fit your child and family.

Light refreshments and water will be provided.

If you have any questions or concerns, please contact Jessica Mantel at:

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