

Is Parenting Stressing you Out?

Are your child's strong passionate emotions depleting your energy?

The CALM Connection Workshop

Parenting is hard work and it is common to feel confused or uncertain about your child's development, especially their social and emotional development.

The CALM Connection Workshop supports parents with strategies that can help reduce parent and child stress, strengthens relationships and provides parents practical strategies to deal with the array of emotions children feel daily.

Parents will leave the workshop learning critical social and emotional skills that they can help their children learn and are foundational for school and life success.

Presented by Kiran Sidhu



Kiran Sidhu has a Masters of Education in Early Childhood Education from the University of British Columbia and a BA in Child and Youth Care from the University of the Fraser Valley. Kiran has been working with children, parents and early childhood educators for over 25 years focusing on strengthening their understanding of child development.

Date: Tuesday, Feb. 18, 2020

Time: 6:30pm - 8:30pm

Location: Dr. TA Swift Elem.
34800 Mierau Avenue,
Abbotsford, BC V2S 5Y4

Register at:
[https://
calmconnection.eventbrite.ca](https://calmconnection.eventbrite.ca)