

# Parenting Workshop

## Nourishing Resilient Brains:

**Wednesday, October 4th 10 am - 11:30 am**

Childhood is a critical period for brain development and has the biggest influence on a child's future than any other time of life.

In this workshop, an Island Health Dietitian will discuss child wellbeing in BC and highlight key factors for developing resilient brains, with a focus on nutrition.

**Online  
Workshop**



Scan or Click  
to Register

**FREE**



Registration required  
to participate in this  
workshop!

[Register Now](#)  
[Workshop October 4th](#)

**In partnership with:**



**GOT QUESTIONS?  
REACH US AT:**  
1-877-345-9777 (Toll-Free)  
office@parentsupportbc.ca  
parentsupportbc.ca

We acknowledge the financial support of: **The Province of British Columbia &**

Funded by the  
Government of Canada's  
New Horizons for Seniors Program



  
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