



# Parenting Workshop

## Summer Self Care for Parents & Caregivers

### Part 1 - Tuesday, July 9, 2024

10am - 11:30am or 7pm - 8:30pm

#### Will explore:

- Caring for ourselves without feeling guilty
- Listen to ourselves and our children mindfully
- Understand different emotion & their messages

### Part 2 - Tuesday, July 23, 2024

10am - 11:30am or 7pm - 8:30pm

#### Will explore:

- Personal boundaries
- Balancing life's demands & challenges
- Enriching your parenting experience

Online  
Workshop



Scan or Click  
to Register



FREE

Registration required to participate in this 2-part workshop!

Register now -  
Workshop July 9 & 23, 2024

[www.bit.ly/summerworkshopsps](http://www.bit.ly/summerworkshopsps)

#### In partnership with:



information  
children

#### GOT QUESTIONS?

#### REACH US AT:

1-877-345-9777 (Toll-Free)  
office@parentsupportbc.ca  
parentsupportbc.ca