



FOR PEACE+EDUCATION



Skills for Life for Families

A 4-Part Series of Workshops for Parents

What would parenting look like if you experienced less stress and anxiety, had more control over your emotions, and had the space for reflection before taking action? This series of four workshops will help parents learn practical skills in:

- Listening mindfully
- Handling difficult emotions
- Resolving conflict effectively
- Balancing life's demands and challenges
- Enriching your parenting experience

Dates/Time:

- | | |
|---------------------|--------------|
| • Thursday, Feb. 20 | 6:00-8:30 pm |
| • Monday Feb. 24 | 6:00-8:30 pm |
| • Thursday, March 5 | 6:00-8:30 pm |
| • Monday, March 10 | 6:00-8:30 pm |

Location:

Ferris Elementary School

Childcare will be provided onsite

This workshop series is offered free of charge and will be led by trained facilitators in collaboration with **The Dalai Lama Center For Peace and Education.**

Light refreshments will be served.

To register, Please RSVP by Monday, Feb.17/20 with your phone number and email address to eioannidis@sd38.bc.ca