



North Shore Neighbourhood House, The Early Years Centre,
and The Community Action Program for Children present:

Parenting with the Brain in Mind



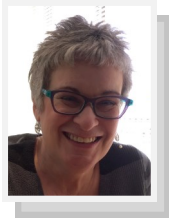
In this two part workshop, we look at common childhood issues:

Anxiety, Sleep, Technology,

and the importance of play in child growth and development

We will approach these topics looking at brain development and you will learn strategies to help your child regulate. Suggestion for age appropriate games will also be provided. Please bring your questions.

* Parents are asked to attend both classes.



Facilitated by **Johanna Simmons**: She is a Registered Clinical Counsellor who specializes in working with children and their families. Johanna is a certified Synergetic Play Therapist and also facilitates a variety of workshop related to children and parenting. Additionally, she teaches at the university level.

Date: Saturday, February 2 & 9, 2019

Time: 10:00am–12:00pm

**Location: Family Resource Centre
John Braithwaite Community Centre
145 West 1st St., North Vancouver**

Cost: FREE for parents/caregivers of children up to 6 years old

Registration required (limited childcare space available).

Call 604.983.6470 to register (404955 parents & 404958 children)

For more information please contact us at 604-983-6494

Financial contribution from

Canada



FIRST YEARS COUNT:

Our Children, Our Community, Our Commitment
North Shore Community Agencies Working Together for Children
Funded by Public Health Agency of Canada
Community Action Program for Children (CAPC)



**Early Years
Centre**