



# PARENTING SUPPORT

## *"Parenting in the 21st Century"*



With Johanna Simmons

There are many concerns and challenges with raising young children today and this workshop will attempt to answer some of these.

We will look at: effective ways of connecting with your child, understanding and responding to your child's needs, what's required to be present with your child, dealing with the realities of life that lead to increased stress as a parent such as health issues, family matters and relationships, and financial strains to name a few. Please bring any questions you may have for the Q & A portion of the workshop.

Saturday November 4, 2023

10am - 12pm

NSNH Family Resource Centre

145 West 1st Street, North Vancouver

To register, please email [frahimi@nsnh.bc.ca](mailto:frahimi@nsnh.bc.ca)

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