



Real Solutions, for Real Parents

2018 Positive Parenting Cafés

In a small group setting, explore solutions to normal, everyday parenting!

Click on the topic to REGISTER ↓

Date	Time	Location	Topic
October 11, 2018	6:30 - 8:00 pm	Smiths Falls Leeds, Grenville & Lanark District Health Unit 25 Johnston Street	Common Parenting Traps and How to Avoid Them
October 17, 2018	6:30 - 8:00 pm	Carleton Place Carambeck Community Centre 351 Bridge Street	Top Ten Tips for Parenting
October 23, 2018	6:30 - 8:00 pm	Perth Leeds, Grenville & Lanark District Health Unit 1 Sherbrooke Street	Top Ten Tips for Parenting
November 1, 2018	6:30 - 8:00 pm	Lanark Lanark Learning Centre 67 George Street	Common Parenting Traps and How to Avoid Them
November 7, 2018	6:30 - 8:00 pm	Carleton Place Carambeck Community Centre 351 Bridge Street	Common Parenting Traps and How to Avoid Them
November 13, 2018	6:30 - 8:00 pm	Almonte Almonte Public Library 155 High Street	Common Parenting Traps and how to Avoid Them
November 22, 2018	6:30 - 8:00 pm	Perth Leeds, Grenville & Lanark District Health Unit 1 Sherbrooke Street	Common Parenting Traps and How to Avoid Them
November 28, 2018	6:30 - 8:00 pm	Smiths Falls EarlyON Child and Family Center 4 Ross Street St. Francis Elementary School	Top Ten Tips for Parenting

Common Parenting Traps: gain helpful tips to avoid common parenting traps and make family life easier

Top Ten Tips: discuss positive and practical strategies to help your family life run smoother.



Register today by clicking on a topic above ↑
visit www.healthunit.org or call 1-800-660-5853

