

Taking Care of Yourself as a Parent

This workshop is based on the Triple P (Positive Parenting Program) tip sheet related to stress and aims to help parents take care of themselves.

The impact of stress on positive parenting strategies will be presented while providing stress management and work-family balance strategies. The relationship with the child, the creation of quality moments and the establishment of healthy family activities are important factors contributing to creating a positive family climate. The importance of positive thinking on mental health will also be addressed, with the goal of initiating a change in perceptions about how to bring up our children through positive reinforcement and the acquisition of new skills that promote good self-esteem and the adoption of more appropriate behaviours.

Dates and times: Tuesday, April 14, 2020 – 2:00 to 3:00 p.m.
Tuesday, April 21, 2020 – 6:30 to 7:30 p.m.

Location: Online or via teleconference.

Registration and information: Please communicate with Josée Patenaude by either leaving her a voicemail at (613) 673-5148, ext. 4732 or by email at jpatenaude@valorispr.ca.

To ensure confidentiality of all participants, you will be given a participant code by email that you will need to use upon connecting to this event. In this same email, we will also ask you to complete a survey for statistical purposes.

This event is **free of charge** and made possible through a grant offered by the **Ontario Trillium Foundation**.

**Please note that it is prohibited by law and copyrights to record or film this event.*

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



An agency of the Government of Ontario.
Un organisme du gouvernement de l'Ontario.