

Second Annual

PARENTING CONFERENCE

Living a Balanced Life

Saturday, September 23

8am-4:30pm

Memorial Composite High School



About the Parent Conference

Community partners invite you to enjoy a special day of learning with other parents and guardians from across the tri-municipal area. This day will be facilitated by educators, medical professionals, and people with lived experience who believe that health and well-being are made possible by healthy communities!

Come and meet this community--people are available to help support you wherever you're at on your parenting journey. After all, we're all in this together! You will choose from a variety of sessions and connect with supports that are available to your family. Enjoy sessions on mental health, youth supports, and overall wellness. Sessions are appropriate for all ages and families. Our regional libraries, Alberta Parenting for the Future, and TransAlta Tri-Leisure Recreation Centre have partnered to provide quality children's programming on this day, so that your children can learn while you do!

Lunch is provided. Children's programming and transportation have been possible by the RBC Foundation to support mental health in our community.

Sessions include:

ADHD—A Day in the Life
Back to Nature
Physical Literacy
The Teen Brain—Brain Development
Yoga and Mindfulness

Relationship Management
Traditional Parenting
Mindfulness for Stress Reduction
Digital Citizenship
Family Harmony

The Home-School Connection
Brain Development in the Early Years
Grandparenting
Reconnecting with your teen
Nutrition



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Questions? Call Sandra Goldschmidt @ 780 963 8458

Register today at parklandcc.ca!