

PARENT/CAREGIVER SUPPORT SESSIONS

Are you a parent looking to improve your mental wellness? Do you have limited time and would like to learn self-care techniques to fit into the 3 seconds you have to spare? You are invited to join in an opportunity for discussion and support, created with and for caregivers.

- Connect with parents in similar situations
- Explore strategies for challenging behaviour
- Improve advocacy skills
- Increase time management awareness and ability
- Learn about additional local services

**WE HAVE LIMITED SPACE
SO PLEASE REGISTER EARLY**



DATES

April 3, 10, 17 & 24,
2019

TIME

6:00pm – 7:30pm

COST

\$20

WHERE

Aulneau Renewal
Centre
228 Hamel

REGISTER ONLINE

www.aulneau.com

QUESTIONS?

EMAIL

reception@aulneau.com

CALL:

204-987-7090