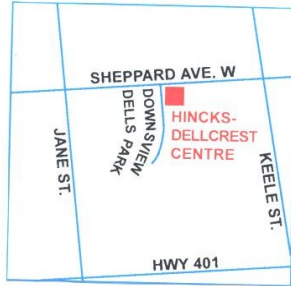


## **FREE PARENTING WORKSHOPS**

*for parents of school aged children*



**PLACE: THE HINCKS-DELLCREST CENTRE  
1645 SHEPPARD AVENUE WEST  
(Sheppard Avenue between Jane & Keele streets)**

**TIME: 6:30 - 8:00 p.m.**

### **RAISING RESILIENT CHILDREN**

**THURSDAY MARCH 30, 2017  
6:30 - 8:00 pm**



Resiliency in children is often dependent upon their environment, life circumstances, temperament and attachment relationships to their caregivers. Self regulation is an important part of resiliency. This interactive workshop will help you to better understand what builds resiliency in young children and how to support its development in your own child/children, when considering these different factors.

**Presented by Joanne Weitzman, Hincks-Dellcrest Centre**

**REGISTRATION IS REQUIRED AND AVAILABILITY OF CHILDREN'S GROUPS & CHILD SUPERVISION WILL BE CONFIRMED AT THE TIME OF YOUR REGISTRATION.**

**Call 416 - 924 - 1164 or 1 - 855 - 944 - HOPE (4673) ext. 2167 TO RESERVE YOUR SPOT.**