

PARENT EDUCATION AND REFLECTION (P.E.A.R) GROUP

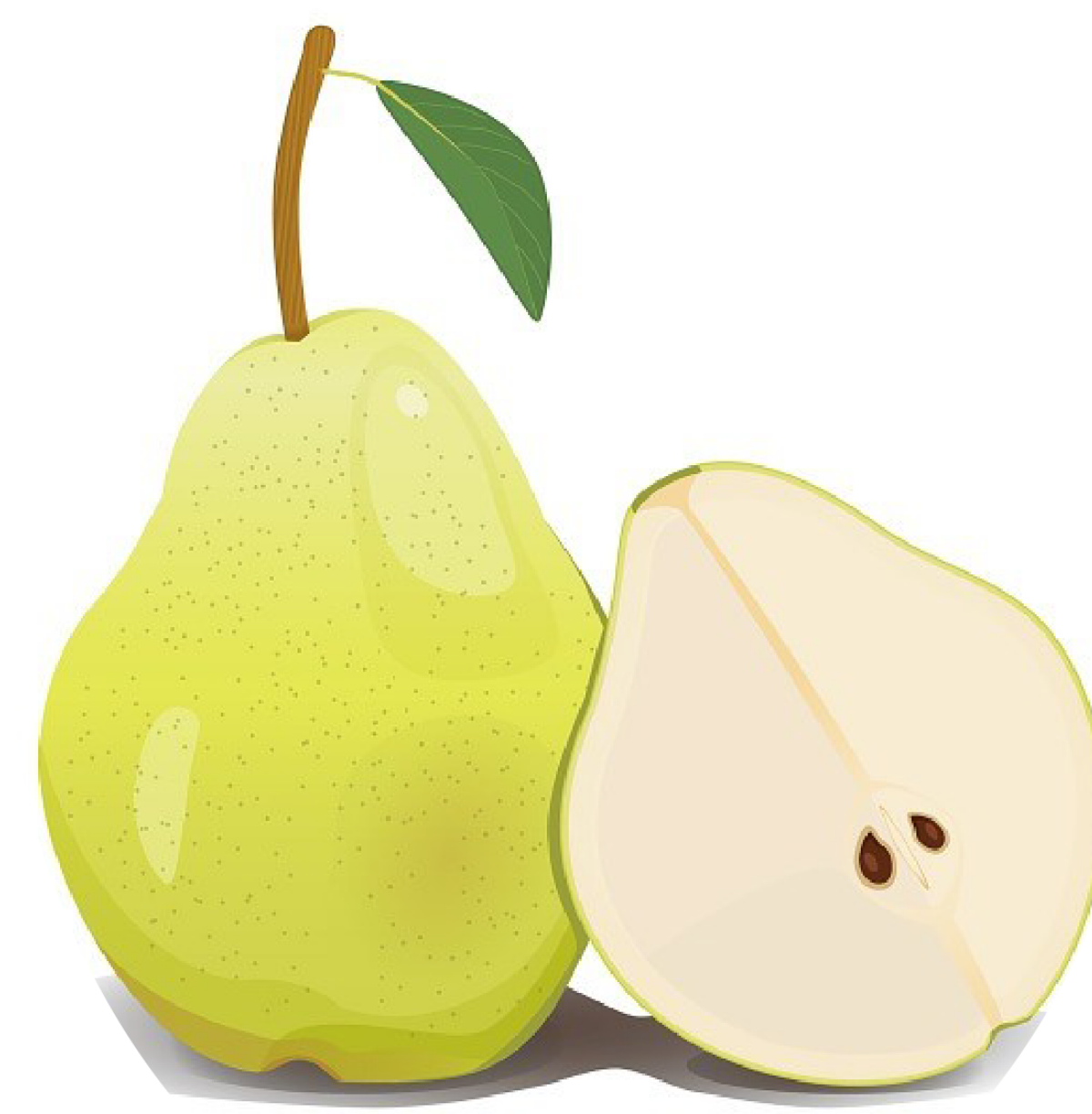
FOR CAREGIVERS OF CHILDREN AGES 4-12 YEARS

The Parent Education and Reflection (P.E.A.R.) Group is a **FREE** program for parents and caregivers who are looking to strengthen their own skills, address behavioural challenges, and support their child's development and mental health. In these classes parents will receive practical information, share parenting tips, and support each other in practicing new skills.

These are not drop-in sessions. Each level is its own 4 week course and **participants are required to attend all sessions** in order to receive a certificate. It is mandatory that you complete level 1 before taking level 2.

LOCATION: ZOOM

*Note: the link will be sent to participants the day of the each session



Level 1: Growing Together

September 16, 9:30am- 11:30 am — Connecting Through Play and Presence

September 23, 9:30am -11:30am — Social and Emotional Coaching

September 30, 9:30am - 11:30am — Praise and Rewards

October 7, 9:30am- 11:30am— Structure and Transitions

Level 2: Weathering Storms

October 14, 9:30am - 11:30am — Managing Meltdowns & Shutdowns

October 21, 9:30am - 11:30am — Planned Ignoring

October 28, 9:30am - 11:30am— Problem Solving

November 4, 9:30am - 11:30am — Effective Consequences

To Register Go To:

<http://bit.ly/PEARFall2020>

For more information contact the Boys & Girls Clubs Big Brothers Big Sisters of Edmonton staff Fareeda Shoblaq at: 780.471.4079 or fareeda.shoblaq@bgcbigs.ca



Boys & Girls Clubs



Big Brothers Big Sisters

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of Edmonton & Area