

A 3-Part Parenting Seminar Series for Jewish Families

“Parenting in the 21st Century; There Is No App for That”



Tuesday February 6, 13 and 20th | 6:30 to 8:00 pm

Jewish Family Services of Ottawa | 2255 Carling Avenue 3rd Floor (lots of free parking)

Is parenting leaving you feeling frustrated? Confused? Worried? Do you wonder about how to set limits? How to manage your teenager's moods or your child's angry outbursts? Do you feel disrespected as a parent?

Come and meet with other parents as our in house clinical experts share some knowledge and suggestions on how to feel more competent and confident in parenting; because there is no app for parenting, but we all at times want one.

OUR SPEAKERS ARE

FEBRUARY 6th

Shannon LaValley

M.Ed., RP, and CCC

*“A Discussion of Collaborative
Problem Solving (CPS):
Supporting Parents and their
Children and Teens with
Emotional, Social, and
Behavioural Challenges”*

FEBRUARY 13th

Stacey Young

M.Ed., RP, and CCC

*“A Parent's Guide to Managing
Your Children's/Teens Emotions
While Staying Connected:
Yes, It's Possible.”*

FEBRUARY 20th

Valerie Repta

MSW; RSW

*“Mindful Parenting One
Breath at a Time”*

Including Rabbi Tanger, JFS Chaplain

FREE

This seminar series is **free** thanks to a generous donation in support of Jewish children.

CHILD MINDING

There will be child minding available, and it will be supervised by young adult student volunteers.

REGISTER

There is no fee but pre-registration is required.

Contact Quinn at qriviergatt@jfsottawa.com

Pareve refreshments will be served.