



Classroom Optimism Activity

The Family Education & Support Centre have an activity for optimism building that enables the students to feel good about themselves and remember that they are special and important in this world. The activity helps them to see themselves through the eyes of their classmates and thus makes them take a look at their amazing qualities they bring to the classroom every day.

Price: \$35 a class

Parenting Resilient Children Workshop (at The Family Education & Support Centre)

The Family Education & Support Centre is proud to provide a 2 hr workshop called "Parenting Resilient Children at Home and at School". This workshop is geared towards developing knowledge and skills around 4 key components of resiliency, including relationships, emotional skills, competence and optimism. We believe that if everyone has the same knowledge and skill base then there is a chance to work together to conquer any stigmas or confusion around resiliency and anxiety.

Price: \$30 a person

Conflict Resolution Parenting Workshop (at The Family Education & Support Centre)

The Family Education & Support Center is excited to present "Proactive Parenting" workshop. This workshop will provide parents with the skill set to navigate conflict resolution, self regulation and resilience in their parenting world. This 2 hour workshop is designed to reflect the issues surrounding parenting in the home and social media.

Price: \$30 per person

Classroom Conflict Resolution Activity

The Family Education & Support Center is excited to present activities designed to help Kindergarten to Grade 7 with conflict resolution. These activities focus on emotions, triggers, "I" statements, conflict management styles and classroom habits to ensure success.

Price: \$35 a class

