

Brave New You!

Are you missing the following in your life? If so, Brave New You is for you!

- ☒ Establishing healthy boundaries
- ☒ Healthy communication that works
- ☒ Understanding the role anger is playing in your life
- ☒ Discovering your core values

OCT 16TH, 17TH, 23RD, 30TH
9AM - 2PM

FOR MORE INFORMATION PLEASE CONTACT

The Family Education & Support Centre
22554 Lougheed Hwy
Maple Ridge

www.familyed.bc.ca or call **(604) 467-6055**

Please note the location of this program is subject to change as per the BC Provincial Health guidelines regarding Covid-19



FREE PROGRAM

STEP E

Parents and caregivers will learn developmentally appropriate parenting skills for children aged 0-6 years of age. Programming for children 0-6 is available.

**NOV 2ND-26TH
TUESDAY'S AND FRIDAY'S
1PM-3PM**

Please note the location of the program is subject to change as per the BC Provincial Health guidelines regarding Covid-19.

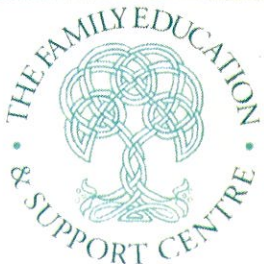
FOR MORE INFORMATION PLEASE CONTACT

The Family Education & Support Centre

22554 Lougheed Hwy, Maple Ridge

(604) 467 - 6055

reg@familyed.ca



PARENTING WORKSHOP

Conflict Resolution

As parents and caregivers, do you want to learn about the following? If so, this conflict resolution workshop is for you!

- conflict management parenting styles,
- trigger scale,
- active listening,
- open questions for parents,
- how to use "I" statements.

Please note this program will take place online, via Zoom.

**Nov 9th (Tues)
10am - 12pm
Price: \$15**

FOR MORE INFORMATION PLEASE CONTACT

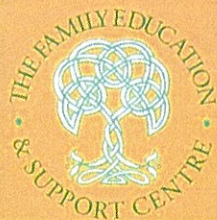
The Family Education & Support Centre

22554 Lougheed Hwy

Maple Ridge, BC

(604) 467- 6055

reg@familyed.ca



PARENTING RESILIENT CHILDREN



Understand better what resiliency is and how we can foster it in our families.

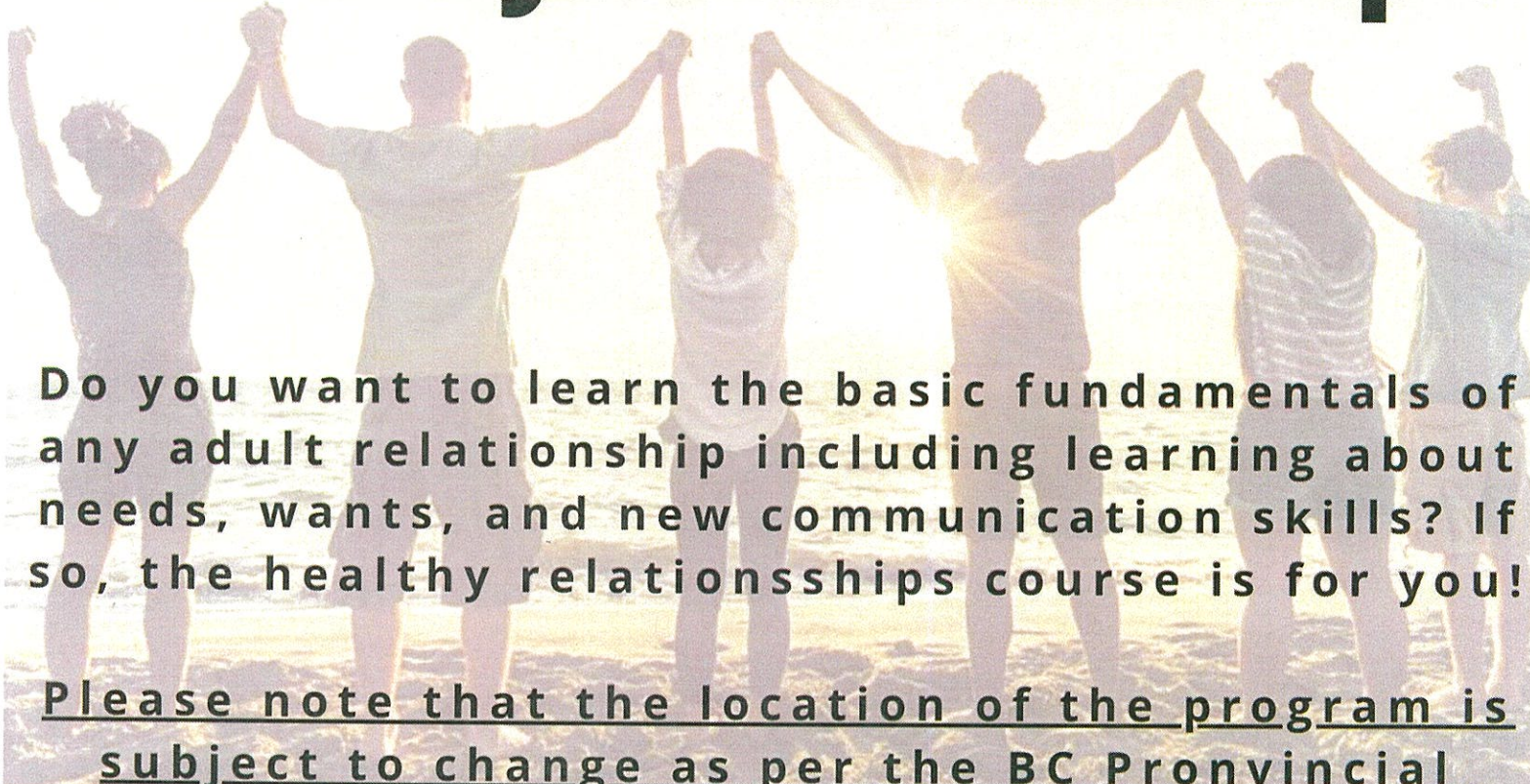
Please note this program will take place online, via Zoom.

OCT 5TH (TUES) 10AM - 12PM
PRICE: \$15

FOR MORE INFORMATION PLEASE CONTACT

The Family Education & Support Centre
22554 Lougheed Hwy, Maple Ridge
(604) 467 - 6055
reg@familyed.ca

Healthy Relationships



Do you want to learn the basic fundamentals of any adult relationship including learning about needs, wants, and new communication skills? If so, the healthy relationships course is for you!

Please note that the location of the program is subject to change as per the BC Provincial Health guidelines regarding Covid-19.

Pt. 1

Nov 12th from 6 - 9pm
Nov 13th from 10am - 1pm

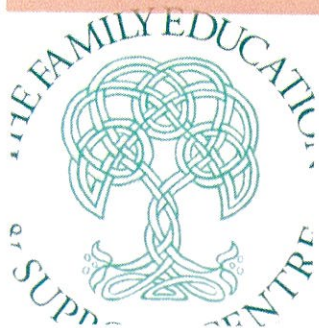
OR

Pt. 2

Nov 19th from 6 - 9pm
Nov 20th from 10am - 1pm

Price:
\$90

Based on two participants for one part, at \$45 each



FOR MORE INFORMATION PLEASE CONTACT
THE FAMILY EDUCATION & SUPPORT CENTRE
22554 LOUGHEED HWY, MAPLE RIDGE
(604) 467 - 6055
REG@FAMILYED.CA



ANGER MONSTER



**This course is to teach children
8-12 yrs old about:**

- What anger is, and their triggers,
- Tools for learning to control their anger.

The parents program features skills from Neufeld Institute including:

- Anger cycles, and goals of behaviour,
- How to support their child's efforts to tame their anger monster,
- Calming techniques.

Please note the location of this program is subject to change as per the BC Provincial Health guidelines regarding Covid-19.

**OCT 16TH-NOV 6TH
SATURDAYS**

3-5PM

PRICE: \$90

NO CLASSES OCT 9TH
(based on a registration for one adult and one child)

FOR MORE INFORMATION, PLEASE CONTACT

The Family Education & Support Centre
22554 Lougheed Hwy, Maple Ridge
(604) 467 - 6055 or www.familyed.bc.ca

