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# Free parent education workshop

for parents of children 4 - 10 years

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**Helping your child try new things and  
bounce back from daily challenges**

**Monday October 29, 2018  
6 – 7:30 p.m.**

**114 Maitland Street, Toronto  
SickKids Centre for Community Mental Health**

Fall can be a tricky time for families. Whether little ones are starting school for the very first time or kids are returning to their regular school, friends, and activities, there is a lot on everyone's minds.

Back to school can also bring forth both familiar and brand-new feelings of fear, anxiety, and stress for families. Will my kids enjoy their weekly routine? Will they like their new teacher? Am I encouraging them enough to try new things? Or pushing too hard? When do I let them figure things out for themselves? When do they need a helping hand?

Come explore ways of supporting your child to grow and thrive this year, collect stories and ideas to help them try new things and work through some of life's daily challenges.

Presented by Lisa Ihnat, RP  
(Registered psychotherapist)

Registration is required and  
child care available

To reserve your spot email with details  
[familiesfirst@sickkidscmh.ca](mailto:familiesfirst@sickkidscmh.ca)  
or call **416-924-1164 ext. 2167**