

## Parenting Young Children - For Single Parents

This 6-week parenting program teaches effective parenting skills and coping strategies tailored to the unique challenges of single parents of children ages 2 to 6. Topics include:

- ☀ Coping on your own and self care
- ☀ Teaching children cooperation and discipline
- ☀ Respectful communication
- ☀ Confidence building and self-esteem
- ☀ Time management



Participants may have a one hour, individual coaching session, tailored to individual family needs.

**DATES:** 6 Saturdays - January 21 - February 25, 2012

**TIME:** 10 a.m. to noon

**COST:** Free, including childcare, but registration is required

**WHERE:** Family Services of the North Shore  
Suite 101 - 255 West 1<sup>st</sup> Street  
North Vancouver, B.C.



**FACILITATOR:** Dawn Livera

To register call Vicki LeCocq, FSNS, at 604-988-5281, extension 202