

# EMPOWER

Education  
Engagement



Mentor  
Resources

## PARENTING ON WHEELS 2018/2019

We are bringing the information and resources to Mission Elementary Schools

### 4 Nights 4 Topics

February 6th	The Big Chill “Take 2”	5 pm—7 pm	<i>Light</i>
February 13th	A Receptive State of Mind	5 pm—7 pm	<i>Dinner</i>
February 20th	Cultivating Connections	5 pm—7 pm	<i>Provided</i>
February 27th	“Bend & Stretch Reach for the Sky”	5 pm—7 pm	

**The Big Chill “Take 2”** — Helping your child build self-regulation skills.

**A Receptive State of Mind**— Responding to your child with receptivity instead of reactivity.

**Cultivating Connections**— Building a warm, positive, responsive & attentive Relationship with your child develops a strong foundation in a child’s brain for future learning, interactions and development.

**“Bend & Stretch Reach for the Sky”** — Spend some time with your child bending, stretching, breathing, laughing and just having fun.

### Where?

Ecole Christine Morrison Elementary  
32611 McRae  
Mission

Free  
Child  
Minding



REGISTER 604 826 3634

Email : [eyy@missioncommunityservices.com](mailto:eyy@missioncommunityservices.com)

Mission ECD Committee



Canada  
Community Action Program  
for Children (CAPC)

