



FOR PEACE+EDUCATION

Skills for Life for Families

A 5-Part Series of Workshops for Parents

What would parenting look like if you experienced less stress and anxiety, had more control over your emotions, and had the space for reflection before taking action? This series of four workshops will help parents learn practical skills in:

- Listening mindfully
- Handling difficult emotions
- Resolving conflict effectively
- Balancing life's demands and challenges
- Enriching your parenting experience

Dates/Time:

- | | |
|-----------------|--------------|
| • February 11th | 6:00-7:30 pm |
| • February 18th | 6:00-7:30 pm |
| • February 25th | 6:00-7:30 pm |
| • March 3rd | 6:00-7:30 pm |
| • March 10th | 6:00-7:30 pm |

Location: Yorkson Creek Middle School – Learning Commons

This workshop series is offered free of charge and will be led by the Langley School District and Community Partners in collaboration with **The Dalai Lama Center For Peace and Education**.

Light refreshments will be served.

To register, please RSVP to...

Tamira.burton@fraserhealth.ca

Or

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