



Small Changes, Big Differences.



FREE Parenting Seminar for parents of children 10 years and under

The Power of Positive Parenting	Raising Confident, Competent Children	Raising Resilient Children	Helping Children Develop Healthy Screentime Habits
Thursday, March 5, 2026 6:00pm-8:00pm Learn about reasonable expectations, assertive discipline, positive learning environments and looking after yourself as a parent.	Thursday, March 12, 2026 6:00pm-8:00pm Learn how to help your child express his/her feelings appropriately, how to make friends etc.	Thursday, March 26, 2026 6:00pm-8:00pm Learn about emotional resilience in children and 6 important life skills that help children deal effectively with life's challenges and thrive.	Thursday, April 2, 2026 6:00pm-8:00pm Helps you to understand how screentime problems develop and give simple strategies to encourage healthy habits & manage conflict.

All seminars will be held at, **St. Francis School, 691 Lilac St.**
 Facilitated by **West End EarlyON**. Parents may attend one or all sessions.

Please inquire about childcare

For more information, please call Nancy or Andrea at 705-671-3199. Please email jubileehubs@jubileeheritage.ca to register.

