

# Parents' Night Out

2011-2012

Parents' Night Out are **free** parent info sessions that focus on current and emerging topics. The five evenings are from **7pm to 9pm** and open to all parents/caregivers in New Westminster. Light refreshments and child minding will be provided. We look forward to seeing you.

## **Sex Education**—Saleema Noon Sexual Health Educators course code #115896 **Hosted by John Robson, gym - November 1st**

Discussing sexual health can be embarrassing. This light hearted workshop delivers straight and current facts. Leave well-equipped with clear concepts and answers to the questions children of all ages ask (or don't ask). Work together to promote good sexual decisions for a lifetime.

## **Helping kids Navigate Anxiety** course code #115897 **Hosted by École Glenbrook Middle - January 19th**

Is your child struggling to cope with the demands of home, school or friends? Statistics are showing that anxiety is on the rise. Why is this happening? How can we help our kids? Understanding that it's a complex issue, this session will touch on certain aspects of anxiety with some tips for parents.

## **Internet & Social Media Awareness** course code #115895 **Hosted by Queensborough Middle, Multipurpose room - February 15th**

Are your kids on-line? How about on Facebook? Do they text? If yes, targeting, bullying, and predators are real life risks you need to be aware of. Listen to guest speakers as they discuss the concerns of social media and how it's affecting our kids, as well as some strategies to monitor and keep them safe.

## **Building Positive Relationships with Your Child** \**based on Attachment Theory* **Hosted by NWSS, library - March 14th** course code #115899

Ever find yourself completely confused by your child's behaviours? How do we know what our kids need from us as they grow? As parents, we are always looking for new ways to connect with our children. Come hear from experts who will discuss building healthy relationships with our kids and family.

## **Trends in Teen Alcohol and Drug use** course code #115894 **Hosted by Lord Tweedsmuir, Gym - April 11th**

This workshop will help bring focus to alcohol and drug use amongst teens. It will also help parents dialogue about the stresses surrounding these issues.

To register— call: 604-515-3775 — online: [www.newwestpcr.ca](http://www.newwestpcr.ca) or show up!

For info call Dan Kalivoda District Community School Coordinator: 604-517-5995

