



Parent Information Nights
St. Joan of Arc School
10 Dempsey Avenue
St. Joan of Arc Gym or Library 6:00-8:00PM



Presenter: Isabel Solano,

*Registered Social Worker and
Family Support Coordinator for Regina Catholic Schools*

Session 1: Mindful Parenting Tuesday, October 16th, 2018

This session will look at the practice of being aware of our experience, as a parent, in the present moment. We will learn to pay attention to our emotions and thoughts and will become more cognizant of our words and actions as we parent our children.

Session 2: Facing Anxiety and Other Difficulties Monday, October 22nd, 2018

In this session we will focus on learning about the thinking process and chemical changes brought about by anxiety. We will look at ways of helping our children to develop skills to cope with the difficulties they face.

Session 3: Helping Children to Attain Emotional Self-Regulation Monday, October 29th, 2018

In this session we will learn ways of helping children to restore the balance of their body and mind through emotional, physical and verbal exercises.

Parents are welcome to attend one, two, or all three sessions.

Childcare will be provided.