



DESHAYE CATHOLIC SCHOOL

37 Cameron Crescent Regina, Saskatchewan S4S 2X1

Phone: (306) 791-7270

Stacey Gherasim, Principal

Lee Garinger, Vice Principal

We all know parenting is a complex job, and it is not uncommon to need a little help along the way. Raising children is a huge responsibility, especially in the times we live in. There are many different kinds of parenting classes designed for different stages of parenting; so whether you are a first time parent or if you are a more seasoned parent, we can all find ourselves in the position of needing some guidance.

We feel it is important for parents to seek help and advice in any area they need support, therefore, we have invited Mrs. Isabel Solano, registered social worker and Regina Catholic Schools Family Support Coordinator, to come share some of her parenting research with our school and surrounding community. We are very fortunate to have someone within our division so knowledgeable in these areas. We encourage all parents to come to these information evenings and benefit from some wonderful advice and strategies. Please see the following page for a detailed description of each topic.



Monday April 9th 6pm-8pm: **Mindful Parenting**

Monday April 16th 6pm-8pm: **Supporting Children when Dealing with Difficulties**

Monday April 23rd 6pm-8pm: **Helping Children Develop Physical and Social Self-Regulation**



We will have babysitting at the school for those in need for the 3 evenings. Deshaye CSCC will be providing a light snack and refreshments for all three evenings. We understand that families have busy schedules, so please know that you can attend one, two, or all three of the sessions.

Please RSVP by **Monday, March 26th** if you will be attending any of the sessions. Follow this [link](#) to RSVP electronically.

If you have any further questions, please contact Cassie Dodd or Stacey Gherasim at 306-791-7270. We look forward to seeing you at Deshaye!

Parent Information Nights

**Deshaye Catholic School
37 Cameron Crescent
Deshaye School Gym
6:00-8:00PM**

Presenter: Isabel Solano,
*Registered Social Worker and
Family Support Coordinator for Regina Catholic Schools*

Session 1: Mindful Parenting Monday, April 9th, 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, April 16, 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, April 23, 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.