

# Carson Graham Family of Schools

## Parent Workshops and Information Sessions

**Pre-registration NOT required.**

### **Emotional Resiliency: Raising your Child's "R.Q." - Resilience Quotient**

Presenter: Sharon Selby, MA. Registered Clinical Counsellor

Date: Wednesday, October 7, 2015

Location and Time: Queen Mary Community Elementary, 230 West Keith Rd. 7:00-8:30 p.m. in the GYM

Session Description: Learn about how to support your child in being more RESILIENT, RESPONSIBLE, ROOTED and RESPECTFUL.

### **Mediated Reality: Social Media Education and Awareness**

Presenter: Jesse Miller - International speaker and consultant

Date: Wednesday November 18<sup>th</sup>, 2015

Location and Time: Carson Graham Secondary, 2145 Jones Ave, 7:00-8:30 p.m. in the GYM

Session Description: Join us for this dynamic and interactive session to learn about online safety, social networking, and positive social media interaction and to find out what kids are REALLY doing on-line.

### **Anxiety, fear, and the fear of fear: Understanding the difference in order to help your teen cope**

Presenter: Dr. Martin Davidson - North Shore Stress and Anxiety Clinic

Date: Wednesday, January 13<sup>th</sup>, 2016

Location and Time: Carson Graham Secondary, 2145 Jones Ave, 7:00-8:30 p.m. in the GYM

Session Description: Life as an adolescent can be stressful and as a result teens may exhibit anxiety or engage in troubling behaviour. Learn tools to help support your teen through their adolescence while strengthening your relationship with them in the process.

### **Popping the Bubble Wrap and Reframing Risky Play for Children**

Presenters: Drs. Mariana Brussoni and Ian Pike, BC Injury Research and Prevention Unit, UBC.

Date: Wednesday, February Feb 3<sup>rd</sup>, 2016

Location and Time: Queen Mary Community Elementary, 230 West Keith Rd. 7:00-8:30 p.m. in the GYM

Session Description: Join us to engage in an action-oriented presentation and discussion about the importance of play, especially risky play, for children's growth and development.

### **Sex talk? No sweat!**

Presenter: Saleema Noon, MA. Sexual Health Educator

Date: Monday, April 25<sup>th</sup>, 2016

Location and Time: École Braemar Elementary, 3600 Mahon Ave. 7:00-8:30 p.m. in the GYM

Session Description: During this open and informational session, parents will receive advice on how to talk about sexual health and understand how it fits into the lives of their children at various ages and stages.

### **iGuy and iGirl**

Presenter: Ashley McIntosh, B.A. Certified Life Coach and Nutritionist

Date: Thursday, May 26<sup>th</sup>, 2016

Location and Time: École Braemar Elementary, 3600 Mahon Ave. 7:00-8:30 p.m. in the GYM

This workshop provides parents with concrete guidance on how they can continue the positive messages in the home on topics such as healthy body image and self esteem, healthy relationships and friendships, being assertive and standing up for yourself.

**Carson FOS Parent Workshop Series  
2015-16**