

FREE VIRTUAL PARENTING GROUP PROGRAM

# BALANCED PARENTING



MISSION  
COMMUNITY  
SERVICES

## FOR PARENTS EXPERIENCING COVID-19 RELATED STRESS,

- Feel powerless, frustrated, or worried about their child's behaviour
- Want to address problems with their child without starting a big argument

## GROUPS ARE ONLINE:

Wednesdays 10:00-11:30m

From April 28 - June 2, 2021

### Learn to:

- attend to your own COVID-19 related stress
- get along better with your child
- solve problems with your child
- help your child become more independent
- increase your own confidence as a parent

### TO PRE-REGISTER, PLEASE CONTACT:

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