



Wee Spirits Grow

CHILD & FAMILY WELLNESS

Are you surprised that parenting feels so hard some days?
Do you judge yourself and feel you are a bad parent when your child misbehaves?
Do you wish the time you spend with your child was more enjoyable?

Come join us to explore:

Parenting with Mindfulness and Connection

- ✓ How to stay calm and connected to your child
- ✓ Recognizing the stress you face as a parent and ways to deal with it
- ✓ How to be both firm and kind – and have fun with your child



Diane Imabeppu, B.A., B. Sc. (OT)
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St. James United Church
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Tuesday, October 6
7pm – 9pm

Cost: by donation

Seating is limited. Pre-registration recommended, but not required: diane@weespiritsgrow.com