

PARENTING SESSIONS

Let's talk about it!

May 2023 Calendar of Events

We welcome all parents, guardians, caregivers and community members to attend these virtual sessions!

May 15, 2023 | 10:00 a.m. – noon

Mindful Parenting: Ride the Waves

For parents of children 0-12 years of age. This session will provide an understanding of the importance of mindful parenting and the role it plays in nurturing positive relationships within the family.

May 16, 2023 | 6:30 p.m. – 8:30 p.m.

Mindful Parenting: Ride the Waves

For parents of children 0-12 years of age. This session will provide an understanding of the importance of mindful parenting and the role it plays in nurturing positive relationships within the family.

May 23, 2023 | 10:00 a.m. – 11:30

Many Faces of Anxiety

For parents of children and teens. Anxiety can present itself in many different ways. This session will explore the signs and symptoms along with strategies and community resources for parents.

May 24, 2023 | 10:00 a.m. – 11:30

Test and Exam Preparation

For parents of children and teens. This session will focus on routines and strategies for parents to help better prepare their child for effective learning outcomes.

Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



These free virtual parent presentations are brought to you in a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

[REGISTER NOW](#)

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