

South-East Ottawa
Community Health Centre



Centre de santé communautaire
du sud-est d'Ottawa

Parenting Children in Canada: Online Course in Spanish!



FREE 6-week interactive Webinars in Spanish focusing on children 0-18 years of age:

- Discipline strategies according to the stages of development.
- Managing children's temper tantrums and aggression.
- Having children involved in rules and responsibilities.
- Promoting positive self-esteem in children.
- Improving communication with your children.

Who can attend? Spanish-speaking parents living in the Capital Region.

When: Six Tuesdays, from 6 to 7:30 PM:
February 14, 21 & 28; March 7, 21 & 28, 2023.

Facilitator: Angela Breton, M.A. Counselling.

Registration: abretoncounselling@gmail.com
Limited space, "First come first served"!

Attendees need to be able to commit to attending at least 5
of the 6 sessions