



Conscious Parenting Series

presented by Dr. Colin Sturdy, Ph.D.

Thanks to a Parenting Reaching Out Grant (PRO) that **Pilgrim Wood School Council** received from the Ministry of Education, we would like to extend an open invitation to all Halton Elementary School parents and teachers to attend any or all of the four scheduled presentations.

All Times: 7:30pm sharp
Duration: 1 and ¼ hours
Q&A to follow

TESTIMONIAL

"Kids and teachers at your school are extremely fortunate to have you as their principal. Your love of children is admirable and obvious - your presentation touched my heart."

Lynn Thompson
Educational Assistant



SERIES SCHEDULE

Monday, February 26, 2007

Kids' Stress

Abbey Lane Public School, 1160 Old Abbey Lane

Monday, March 5, 2007

Hurried Parent/Hurried Child, Breaking the Cycle
Pilgrim Wood Public School, 1151 Pilgrim's Way

Monday, May 28, 2007

Responsible Kids: Really!

Pilgrim Wood Public School, 1151 Pilgrim's Way

Monday, June 11, 2007

Parenting and Peace: I'll Take It to Go!

Captain R. Wilson Public School, 2145 Grand Oak Trail

Feb 26th | Kids' Stress

"An eye-opener for parents as you learn the source of your children's stress. A child's stress test is presented as well as 20 practical strategies to help your child deal with their stressors. This is an extremely important session for all parents, grandparents, teachers, coaches, childcare workers – anyone who works with children."

Mar 5th | Hurried Parent/Hurried Child

"As adults and parents, we are very busy! We ALL have work/career commitments, personal commitments, family commitments, aging parents and wonder where the time is all going. This session is tailored special to parents who want to reflect on their priorities and these important issues. We all need to look at our busy lifestyles and what impact they are having on our children."

For more information about Dr. Sturdy, you can visit his web site at
www.consciouscommunications.ca/parenting.htm