



## *Delta Connex Parent Peer Group*

*The last Wednesday of every month*

*6:30-8:00 pm*

*Reach Child & Youth Development Society Play & Learn Centre*

*11415 84<sup>th</sup> Ave*

*Delta, BC*

*OR*

*The last Friday of every month*

*9:30-11:00 am*

*Reach Child & Youth Development Society Play & Learn Centre*

*#3 - 3800 72 Street*

*Delta, BC*

*The parent group is an opportunity for parents with children who have ADHD, FASD or other complex behaviours to come together. At the group you can learn and reflect on your life as a parent of children that may behave in ways that are unexpected and a challenge to understand. You will gain insight in building positive relationships, celebrating your children and focus on your emotional well being. We provide a welcoming and safe environment to share experiences, knowledge and offer support to each other. This group is led by a trained facilitator.*

*For more information please contact:*

*Robyn Lane*

*Key Worker / Behavioural Consultant*

*Delta Connex Program*

*604-946-6622 ext 328*

*robynl@reachchild.org*



## *Delta Connex Parent Peer Group 2016~2017*

*Join us for the following group talks*

*September ~ Building a Deeper Connection with Your Child*

*October ~ Understanding Behaviours*

*November ~ Different Parenting Styles ~ What's Yours?*

*December ~ NO MEETING*

*January ~ Regulating Emotions*

*January ~ How to Create Materials to Support Your Children at Home*

*February ~ Resources Fair (Books, Websites, Articles)*

*March ~ Understanding and Experiencing Sensory Dysregulation*

*April ~ Advocating In Schools ~ What Are Your Rights?*

*May ~ How to Support Your Child's Social Skills*

*June ~ The Unlocked Door ~ Keeping Your Children Safe on the Internet*

*July and August ~ NO MEETINGS*

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