

**POSITIVE PARENTING TO PROMOTE
HEALTHY BODIES AND HEALTHY MINDS:
PARENT EDUCATION SERIES 2010**



Organized by: Elmdale School Council, Education Chair
Katherine Henderson
Funding: Parents Reaching Out Grants for School Councils

Wednesday April 14th:
Workshop: Bullying: How to Create Schools and Homes that are Safe from Bullying
Presenter: Dr. Neil Gottheil, C.Psych.
Time: 7:30 -9:00 p.m.
Location: Elmdale Library, 49 Iona Street, Ottawa, ON
All parents and teachers welcome; Refreshments and babysitting provided

Wednesday April 28th:
Workshop: How to Help and Not Harm: Healthy Eating and Positive Body Image in
School Age Children
Presenters: Dr. Katherine Henderson C.Psych. & Jessica Sweezie, R.D.
Time: 7:30 -9:00 p.m.
Location: Elmdale Library, 49 Iona Street, Ottawa, ON
All parents and teachers welcome; Refreshments and babysitting provided

Wednesday May 12th:
Workshop: Recognizing Anxiety in your Child: Effective Parenting Strategies to
Help your Anxious Child Succeed
Presenter: Dr. Jennifer Karp C.Psych.
Time: 7:30 -9:00 p.m.
Location: Elmdale Library, 49 Iona Street, Ottawa, ON
All parents and teachers welcome; Refreshments and babysitting provided

Wednesday May 26th:
Workshop: Why Won't My Child Do as I Say?
The ABCs of Teaching Cooperation and
Compliance
Presenters: Dr. Jenny Demark C.Psych.
Time: 7:30 -9:00 p.m.
Location: Elmdale Library, 49 Iona Street,
All parents and teachers welcome;
Refreshments and babysitting provided.

