

Active Parenting Now



family plus
Life Solutions
Counselling • Education • Wellness



- For Families with Children ages 5-12
 - Groups held every Monday Evening starting March 14th to April 25th, 2016
 - 7:00—9:00 pm.
 - Pre-Registration required
 - Held Weekly for 6 weeks
 - Facilitator: Lora Durant
- PLEASE CALL**
Family Plus/Life Solutions
506.634-8295

The Job of a Parent is to **PROTECT** and **PREPARE** Children to **SURVIVE** And **THRIVE** in the kind of society in which they live.

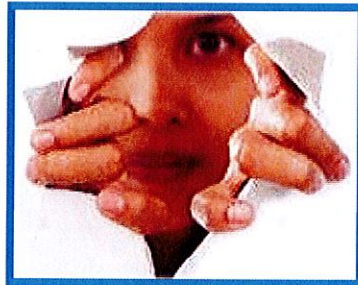
Discover How To..

- Instill Courage and Self Esteem
- Understand Your Child's Thinking
- Make Responsibility a Reality
- Create Cooperative Children
- Solve Problems Together



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Personal Breakthrough for Women



Wednesdays 7pm -9pm
for 6 weeks

Spring Start Date:

April. 6th—May. 11th, 2016

Introductory Session:

March 30th, 2016

Facilitator: Janice MacMillan

PLEASE CALL

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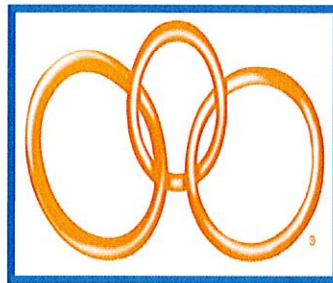
Personal Breakthrough for Women is a six week evening program for individuals experiencing the challenge of understanding their feelings, handling their stress and communicating effectively.

Through a goal-setting approach, you will learn a variety of skills and techniques to help you manage stress, feelings and self-esteem.



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Cooperative Parenting after Separation/Divorce



Cooperative Parenting after Separation/Divorce is an innovative program that puts children first while creating promising solutions that focus on education and the prevention of parental conflict in situations of family separations.

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For More Information

NEXT SESSION BEGINS:
Spring Start Date: May 5th to June 9th 2016
Thursdays from 7:00 to 9:30 PM
Pre-Registration required.

The goals of the program include:

- Assisting parents in shifting their role from former spouses to co-parents
- Educating parents regarding the impact of parental conflict on their child's development
- Helping parents identify their contributions to conflict while increasing impulse control
- Teaching parents anger management, communication and conflict resolution skills



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