

# EARLYON WORKSHOPS

## Supporting Our Children in Times of Stress



This (zoom) workshop is meant to provide education on how children experience stress, how parents can identify stress in their children and strategies for helping our children cope with stress. We will also discuss how we can support our children in building resiliency as part of their emotional development, so that they can adapt and cope with adversity in life.

**DATE:** Friday, October 15, 2021

**TIME:** 1:00 pm - 2:00 pm

**Register now at [www.esbgc.ca](http://www.esbgc.ca)**

**Login ID:** 846 3412 8018

**Password:** 290986

For more information, please contact Munira Fatehi at [mfatehi@esbgc.ca](mailto:mfatehi@esbgc.ca) or call 416-559-2604

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# EARLYON WORKSHOPS

## Establishing and Maintaining Healthy Routines



This (zoom) workshop will cover the benefits of healthy routines for families and children. Tips for establishing routines, why routines sometimes fall apart, and how to get back on track. We will discuss morning, bedtime and mealtime routines, and the importance of physical activity.

**DATE:** Friday, November 26, 2021

**TIME:** 1:00 pm - 2:00 pm

**Register now at [www.esbgc.ca](http://www.esbgc.ca)**

**Login ID:** 838 9077 3760

**Password:** 313577

For more information, please contact Munira Fatehi at [mfatehi@esbgc.ca](mailto:mfatehi@esbgc.ca) or call 416-559-2604

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