



Bedtime & Naptime

This workshop is all about making bedtime routines calmer and more relaxing. In this Zoom workshop, parents will learn suggested steps to creating a bedtime routine, and strategies that support independence and confidence in their children. In addition, parents will learn ideas to support a gentle method to encourage children sleeping on their own. Parents will be emailed resources to provide additional support.

Date : Friday, November 12, 2021

Time : 2:00 - 3:00 p.m.

Register now at www.esbgc.ca

For more information, please contact Grace at gtameta@esbgc.ca

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Positive Parenting Program

Backed by 25 years of clinically proven, worldwide research, the Triple P: Positive Parent Program® has the answers to your parenting questions and needs. Take part in this 3-week workshop series to learn more about the power of positive parenting, and tips to boost your child's confidence and resilience.

Date : November 18 to December 2, 2021

Time : 1:00 - 2:00 p.m.

Register now at www.esbgc.ca

For more information, please contact Grace at gtameta@esbgc.ca

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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

For more information, please contact Munira Fatehi at mfatehi@esbgc.ca or call 416-559-2604

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