

# Attention Sunshine Coast Parents! The following classes will be offered this Winter:

## Circle of Security

(for parents with children 0 – 6)

Circle of Security™ Parenting is an opportunity to join other parents, for an 7 week class where you'll learn to:

- Strengthen your relationship with your child
- Be present with your child during the best and toughest of times
- Recognize your child's needs and make sense of his or her behaviour
- Meet your child's needs by being bigger, stronger, wiser and kind

The following 7 week classes will be offered:

### Gibsons Early Years Centre - Tuesdays

9:30– 11:00 am beginning Feb. 27, 2018

12:30 – 2:00 pm beginning Feb. 27, 2018

### Sechelt Early Years Centre - Wednesdays

9:00 – 10:30 am beginning Feb. 28, 2018

10:30 – 12:00 noon beginning Feb. 28, 2018

### Madeira Park Elementary - Thursdays

5:30 – 7:00 pm beginning Feb. 1, 2018

## Feeding with Love and Good Tastes: Using Delicious Food and the Ellyn Satter Model for Building Healthy Eaters (parents with young children)

Meal times with children can be a source of stress. In this workshop parents and caregivers will learn (and try!) a number of easy to prepare recipes that will be encouraging and fun. Attendees will also learn how to build a solid foundation around food and will go home with some new tools to make meal times pleasant and nourishing for everyone involved.

Suitable for Parents, Child care providers and other Early Childhood Professionals. All are welcome.

This class will be offered by Meghan Molnar, Public Health Dietitian at the following:

### Sechelt Early Years Centre

10:30 am – 12:30 pm on Saturday, January 27, 2018

### Gibsons Area Community Centre

12:30 am – 2:30 pm on Saturday, February 17, 2018

**ALL CLASSES ARE OFFERED FREE OF CHARGE!  
LIMITED CHILDMINDING MAY BE AVAILABLE FOR  
ALL CLASSES.**

## Positive Discipline

(for parents with children 2 & up)

Positive Discipline offers parents long-term skills that will encourage their children to think for themselves, become more responsible and have greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive, respectful tools that incorporate both kindness and firmness, help parents get to the core of their child's misbehaviour, and bring more joy into the home.

The following 7 week classes will be offered on Wednesdays in Roberts Creek Elementary 6:00 – 8:00 pm beginning Jan. 31, 2018

**REGISTRATION BEGINS  
JANUARY 15, 2018 PHONE THE  
CCRR AT 604-885-5657  
REGISTRATION DEADLINE: ONE  
WEEK BEFORE CLASS IS  
SCHEDULED TO BEGIN**

