





HELP! MY KID DIDN'T COME WITH AN OWNER'S MANUAL!



Would you like to:

-  Discover the "roles" that children adopt within the family?
-  Explore ways to shift behaviours & patterns that are no longer working?
-  Use consequences and encouragement vs. punishment and praise?
-  Find ways of empowering vs. enabling your children?

She can't provide the owner's manual but **Johanna Simmons** of Simmons & Birk Counselling Services is offering a parenting course combining the Systematic Training for Effective Parenting (STEP) program and Positive Discipline with attachment theory for parents of children between the ages of **6 and 12** years old.

When: Mondays from Jan. 16 – Feb. 27, 7pm - 9pm (No class Jan. 30)

**Where: John Braithwaite Community Centre
2nd floor in the Family Resource Centre**

Cost: Donation of a baby item (diapers, food, etc.)

To register, please call JBCC Front Desk at 604.982.8300
Barcode: **268752** (for parenting class)

**CHILD MINDING IS AVAILABLE AT A COST OF \$20.00 FOR ALL 6 WEEKS.
BARCODE: 268754 (FOR CHILD MINDING)**

*****Class will fill quickly as it is limited to 16 participants*****

About Johanna Simmons

Johanna holds an MA in Counselling Psychology from the Adler School of Professional Psychology and is a trained facilitator of the Systematic Training for Effective Parenting Program and a Positive Discipline Parent Educator.

Johanna is a Registered Clinical Counsellor who specializes in child play therapy and family therapy. She is also trained as a Roots of Empathy facilitator, a program designed to foster empathy in children, as well as a F.R.I.E.N.D.S. facilitator, a program that teaches school aged children strategies for dealing with anxiety.