



Healthy Families Seminar

**Sponsored by the Parent Advisory
Committee of Kinark Child and
Family Services (Peterborough)**

**SAVE THE DATE: Wednesday January 25, 2012
7 PM to 9 PM**

At Prince of Wales Public School – Library Room

FREE - REGISTER NOW

“Managing Anger, Stress and Frustration in Children of Varying Abilities”

This workshop examines the causes of anxiety and stress that may inhibit learning, communication and social interactions, as well identifies the cycles of tantrums, rage and meltdowns. It addresses ways to assess levels of anxiety and stress and will provide helpful strategies to promote self-regulation.

‘Believe you can, and you’re halfway there’
Theodore Roosevelt

**Presented by Michelle Montague and Shelly Lamain
Kinark ASD School Consultants**

Limited Seating – To Register Phone 705-742-5185 ext. 323

Or

Email: vanessa.parmiter@kinark.on.ca

Free Admission and Refreshments