

WORKSHOPS – SPRING 2026

PARENTING MY CHILD!

6:30 p.m. to 8:00 p.m.

Understanding family dynamics and conflicts Virtual

- March 17 Co-Parenting
- March 18 Communication in the family
- March 24 Separation and Divorce
- March 25 Impacts on the child

Creating healthy relationships Virtual

- March 31 Developing positive relationships with your children
- April 1 How to maintain healthy relationships

Unpacking mental health: supporting yourself and your child Virtual

- April 7 What is anxiety and depression?
- April 8 Understanding how environmental factors, family influences, and trauma impacts a youth's mental health
- April 14 How to support your youth with mental health challenges
- April 15 How can parents be more mindful and promote self-care

Navigating the gap between parenting and technology In person

St. Thomas High School | 111, av. Broadview | Pointe-Claire, QC | H9R 3Z3

- April 21 **For parents only:**
Breaking down social media, impacts on Youth and best parental Practices
- April 28 **For parents and youth (attend together!):**
Presentation from a Community Officer (SPVM)
Social media laws, regulations and parental controls and managing technology at home

TO REGISTER

Scan the QR code to complete the [online form](#).
You will then receive the link to the virtual session by email.



FOR MORE INFORMATION

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