

# REBUILDING THE VILLAGE

## *A Survival Guide to Parenting*



Explores common challenges, offers effective tools and provides support to those navigating the intricacies of parenthood.

**This program consists of 10 sessions:**

*Session 1:* We Are in This Together

*Session 2:* Laughter

*Session 3:* The 8 +Cs of Parenting

*Session 4:* Co-Parenting Dos and Donts

*Session 5:* The Necessity of Self-Care in Parenting

*Session 6:* Parenting the Child We Were vs. Parenting the Child(ren) We Have

*Session 7:* The Balance Between Nurturing and Discipline

*Session 8:* Boundaries and Battles

*Session 9:* Life Skills

*Session 10:* How You Know You've Done Your Job



Duration of Sessions: 1.5 hrs  
Total Cost: \$325 per family

Contact for Registration: [jandrews@amcal.ca](mailto:jandrews@amcal.ca)