

South Vancouver Family Place Society

Parent Wellness

Caring for yourself can be challenging when you spend your day caring for others. This seven week workshop is an opportunity to share and discuss with other parents how to make sure our own needs are being met so we can be the best parents we can be. Topics will include, but are not limited to, self compassion, physical and emotional needs, mindfulness and calming techniques. This parenting group will meet weekly online. Ideas will be expanded upon through group discussion and fun activities.



When: Thursdays at 1pm starting October 22, 2020 to December 3, 2020

Register online at

<http://www.southvancouverfamilyplace.org/parenting-and-other-programs/>

For more information contact Carrie at carrie.svfp@gmail.com

