

PRESENTATION BY Ann Douglas: Happy Parents, Happy Kids

How do you feel about parenting? How do you think about parenting? Ann Douglas explores ways to boost your enjoyment of parenting while maximizing the health and happiness of your entire family at the same time!

You'll learn:

- Why this is such a challenging time to be a parent—and a kid!
- How to calm yourself and calm your child.
- How to parent in a way you can feel good about and that will actually strengthen your relationship with your child.
- How to give yourself permission to be a gloriously imperfect parent and to give your child permission to be a gloriously imperfect kid.
- How to see and celebrate your many strengths as a parent.

Enter to win Ann's book: "Happy Parents Happy Kids"

EVENT DATE:

Thursday, June 8, 2023
6:30pm - 7:30pm

FREE!

Colouring activities available for children during the session

Join us at Cootes Paradise Elementary School Gym (900 King St. W., Hamilton) or on-line:

<https://tinyurl.com/annatcootes>

"A must-read book for Canadian parents."
—*Today's Parent*

ANN DOUGLAS

Happy
Parents
Happy
Kids

