



FAMILY RESOURCE PROGRAMS
Children & Families

**Parenting Matters:
Making Sense
of Children's Emotions**
0 -12 years old

**IN-PERSON Sessions at
MPNH, 800 East
Broadway**

Making Sense of Children's Emotions: Where to Begin?
Shira Laye will be joining us to offer a foundational understanding through the Hand in Hand approach throughout six sessions. This hour-long program will cover the brain science behind connection as well as introduce practical tools to increase both cooperation and harmony in your home.

Information Session: Thursday, January 19, 4:00 to 5:00 p.m.

FREE series start on February 2nd to March 9.



To register please access:

**<https://forms.office.com/r/WPRmheJhbm>
or register in our website: www.mpnh.org**



I am a Vancouver based parent educator and coach, using the Hand in Hand parenting by connection approach. Having grown up in a large family, I have always been interested in child development and relationships. Since becoming a mother myself, I have taken a deep dive into learning and sharing tools and strategies to help support parents in building resilient, connected families.

January 19

2023

Thursdays 4:00 to 5:30 p.m.



**Mount Pleasant
Neighbourhood House**