

DEBB BERTAZZON COUNSELLING & TRAINING PRESENTS:



LIFE AS A PARENT- 6 WEEK PARENT GROUP



This 6-week group for all caregivers is designed to provide participants with support, guidance and strategies to help you as you navigate through parenting challenges.



Topics for discussion include: the parent-child relationship, understanding the brain (caregiver's & child's), tips on how to "stay calm & carry on", and how to spend positive, quality time with your kids.



After week 6, you will have:

- The knowledge and tools to build a stronger parent-child relationship
- Strategies on how to better communicate with your children
- An understanding of the importance of attunement, spending quality time and free play with your child(ren)
- An understanding of your child's and your parenting brain

When: Wednesdays, September 2—November 6, 2019



Time: 7 p.m.— 9 p.m.

Location: *INNER ARTS COLLECTIVE* 257 Danforth Ave

Fee: \$380 (registration info below)

*** All Caregivers are welcome including Grandparents and Kin ***

Your Presenters: Debb Bertazzon, MA CYC, RP - a children's mental health practitioner with over 32 years of experience supporting parents, grandparents, children and youth, as well as helping professionals and teachers. * Child & Youth Care Practitioner - Certified Theraplay Therapist - Registered Psychotherapist* CRPO REGISTRATION # 002507

Simone Shindler, MA, MSW, RSW a children's mental health practitioner with over 20 years experience working with children, youth and families.



P: 416-779-8885

E: debb.bertazzon@gmail.com

W: dbertazzon.com