

'LET'S GET INFORMED!' Winter Sessions

7:00 pm to 9:00 pm
River Valley School Library

Free. No registration required. Light refreshments available.

Sessions are intended for parents and caregivers; no kids please.



January 13 *Connecting With Children Through Crafting*

Presented by Melissa Seaborg.

Are you looking for a fun and interactive way to connect with your child or teen? Melissa will be leading parents through fun scrapbooking and crafting activities that parents can than do at home with their children. Melissa has experience working with children through the Family School Wellness program. Melissa also leads scrapbooking and card making classes through out the year in Sundre. She is excited to share her experiences of both worlds. Materials will be supplied for the evening activities.



January 20 *The Birds and The Bees*

Presented by Karen Grudeski.

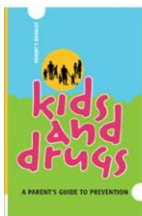


Does the thought of having The Talk with your kids put a knot in your stomach and a lump in your throat? Talking about human sexuality or healthy relationships doesn't have to be a fear-filled challenge. It can be an incredible opportunity to develop a more meaningful and rewarding relationship with your child. Karen Grudeski has 16 years of experience working in the nursing field and 10 years working in the education area. During this period, she worked as a Family School Wellness worker. Karen has a special talent for teaching human sexuality in a factual, non-threatening manner.

January 27 *Suicide Awareness*

Presented by Kimberley Feist, Canadian Mental Health Association.

The Suicide Education service helps prevent suicide through comprehensive awareness building in the community. This session will target suicide stigma and create a better understanding of this important issue by covering topics like myths, warning signs, as well as how and where to turn for help.



February 3 *Kids and Drugs*

Presented by RCMP Cst. Jason Wierenga and Nicole Witcher.

The *Kids and Drugs* program helps parents learn strategies to prevent their school age children (aged 8-15 yrs) from abusing alcohol and other drugs. It goes beyond providing parents with basic 'drug education' to address some of the important protective influences that parents can have. Parents who attend this session will receive a free parent's guide.

February 10 *Dealing with the Challenges Youth Have*

Presented by Lisa Lough, MSW RSW, Alberta Health Services, Olds Mental Health Services.

How do you help your child deal with the challenges of today? Parenting is more difficult than ever; this session will provide information on issues that are influencing our children. Based on Lisa's experience working with families, you will gain strategies, tools and resources to help guide you and your children.



Royal Canadian Mounted Police

