



January 14<sup>th</sup>, 2019

Dear Parents,

The CISSS of Laval is pleased to offer parents a comprehensive parenting workshop entitled “Active Parenting Today”. This seven (7) week program will offer guidelines and alternatives to ensure a more enjoyable relationship with your child. If you are the parents of a child between the ages of 4 and 12, we look forward to meeting you.

Sessions will cover topics ranging from development and discipline to understanding why kids misbehave and what can be done. The workshop is free of charge. Registration is limited; therefore we ask that you contact Helen Morrison (450-687-5691 ext: 82141) or Julie Thibert (450-687-5691 ext: 82284). We ask that you register or request information no later than February 4th, 2019. Sessions will be held on Monday evenings between 7 and 10 pm, **beginning February 11th, 2019**

We look forward to meeting you!

**ANIMATORS: HELEN MORRISON & JULIE THIBERT**

**WHERE: CISSS OF LAVAL  
800 CHOMEDEY BLVD, C TOUR, 2<sup>ND</sup> FLOOR,  
SUITE 102  
TEL: (450) 682-2952**

**WHEN: MONDAY EVENINGS AT 7PM  
STARTING: FEBRUARY 11th, 2019  
FOR 7 CONSECUTIVE MONDAYS**