



FREE Parent Education Sessions



Understanding Your Teen

Common Teen Struggles

Understanding the mental and emotional changes your teen faces

Caring for your teen by caring for yourself

Learn how to maintain self-care, self-awareness and self-control

Shaylyn Cunningham M.Ed.

Supporting your Teen

Learn how to develop stronger attachment with your teen

Registered Psychologist with the Young Adult Program

Learn healthy communication strategies

Foster self-esteem, healthy boundaries and relationships with your teen

7 - 8 p.m.
April 28 @
Blessed John XXIII
May 5 @
St. Stephen

Holistic Nutrition and Stress

Why proper nutrition is important, especially for teens

Findings about fish oils and their influence on the brain

The importance of maintaining physical activity

Stress and how it can affect your life

The importance of eating breakfast - including 3 balanced recipes

Dr. Marni Wachtler
Naturopathic Doctor

7:15 - 8:15 p.m.
April 27 @
St. Martha
May 4 @
St. Elizabeth
Seton

Make Your Move

The importance of physical activity in your family life

How much is enough for you and your kids?

Paul Vrskovy BSc. Kin.

Discover ways to get everyone moving in a fun way

Pediatric Weight Clinic

Think outside the exercise "box" and get your family moving in a fun way!

7 - 8 p.m.
April 26 @
St. Stephen
May 3 @
St. Elizabeth
Seton

Cooking With Eggs

Linda Whitworth
Home Economist

Our mothers always told us breakfast was the most important meal of the day.

Join Linda from the Alberta Egg Producers to learn about the importance

of breakfast for learning and see how easy a healthy breakfast can be to make -

even before school in the morning!

7 - 8 p.m.
May 11 @
St. Rose of Lima
May 13 @
St. Martha

Enjoy this gentle flow class which incorporates traditional Ashtanga poses while allowing for more varied practice.

Gentle Yoga Flow

Pam Cox

Yoga Instructor

Your focus is on breath, full body strength and flexibility, and proper alignment.

Postures will flow from one to the next with modifications given for all levels.

Beginners Welcome!

7 - 8 p.m.
April 29 @
Blessed John XXIII
May 6 @
St. Rose of Lima

Space is limited!

St. Rose of Lima: 2419 50 St. NE

St. Martha: 6020 4 Ave NE

St. Elizabeth Seton: 105 10845 Hidden Valley Dr. NW

St. Stephen: 43 10910 Elbow Dr. SW

Blessed John XXIII: 1420 Falconridge Dr. NE

Register early!

To register: 403-220-8011 or blbell@ucalgary.ca

