

Please Join Us...
Big Picture Parenting: Presented by Ann Douglas
February 28 7:00 - 8:00 pm
Queen Elizabeth Sr. Public School

Queen Elizabeth School Council is excited to announce a free seminar for parents on February 28th from 7 – 8pm in the auditorium. This event is made possible by our 2016-107 Parents Reaching Out Grant.

In this thought-provoking presentation, parenting author Ann Douglas discusses the advantages of taking a big-picture approach to parenting (parenting with your hopes and dreams for your child and your family in mind). She will discuss the importance of tuning into your child's needs, using parenting strategies that bring out the best (as opposed to the worst) in your child, being mindful of your parenting decisions, creating a support network for yourself and your family, and practicing self-care.



www.anndouglas.ca twitter: @anndouglas



Ann Douglas sparks conversations that matter about parenting and mental health. She is a bestselling parenting author. Her most recent book, *Parenting Through the Storm* is available for loan at our parenting resource library.

“With her new book *Parenting Through the Storm*, Ann Douglas becomes an important voice in the national conversation on youth mental health.” — MARC AND CRAIG KIELBURGER,