



SHANKER SELF-REG®



Parenting is a tough job and it does not come with a manual. Come out to learn how to use Stuart Shanker's Self-Reg framework to support your own well-being and help make parenting children of any age easier.

5 weeks. 2 hours each week. Videos from Drs. Stuart Shanker, Susan Hopkins, Jean Clinton and others plus discussion time. Choose 3:30-5:30 or 6:00-8:00. Free! All welcome!



Thursdays November 1, 8, 22, 29 and December 6

Oakley Park Public

**School 22 Davidson Street,
Barrie, ON L4M 3R8**

Hosted by Cathy Lethbridge
SCDSB Principal of Well-being and

Mehrit Centre Facilitator
www.self-reg.ca

