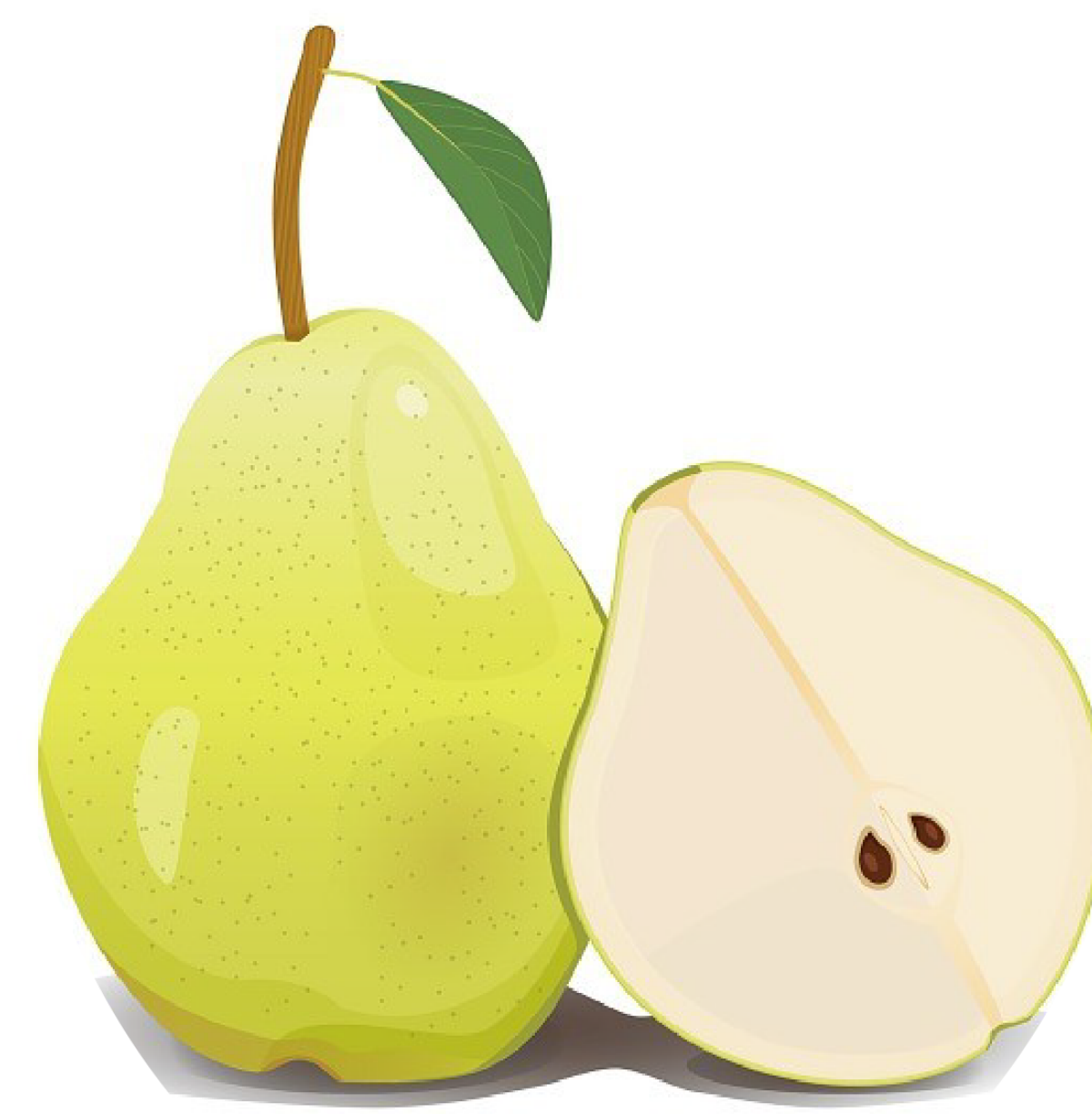


# PARENT EDUCATION AND REFLECTION (P.E.A.R) GROUP

FOR CAREGIVERS OF CHILDREN AGES 4-12 YEARS



The Parent Education and Reflection (P.E.A.R.) Group is a **FREE** program for parents and caregivers who are looking to strengthen their own skills, address behavioural challenges, and support their child's development and mental health. In these classes parents will receive practical information, share parenting tips, and support each other in practicing new skills.

These are not drop-in sessions. Each level is its own 4 week course and **participants are required to attend all sessions** in order to receive a certificate. It is mandatory that you complete level 1 before taking level 2.

## LOCATION: ZOOM

\*Note: the link will be sent to participants the day of the each session

### Level 1: Growing Together

- January 26, 5:30pm - 7:30pm** — Connecting Through Play and Presence
- February 2, 5:30pm - 7:30pm** — Social and Emotional Coaching
- February 9, 5:30pm - 7:30pm** — Praise and Rewards
- February 16, 5:30pm - 7:30pm** — Structure and Transitions

### Level 2: Weathering Storms

- February 23, 5:30pm - 7:30pm** — Managing Meltdowns & Shutdowns
- March 2, 5:30pm - 7:30pm** — Planned Ignoring
- March 9, 5:30pm - 7:30pm** — Problem Solving
- March 16, 5:30pm - 7:30pm** — Effective Consequences

To Register Go To:

<https://bit.ly/PEAR2021>

For more information contact the Boys & Girls Clubs Big Brothers Big Sisters of Edmonton staff Fareeda Shoblaq at: 780.471.4079 or [fareeda.shoblaq@bgcbigs.ca](mailto:fareeda.shoblaq@bgcbigs.ca)



Children, Youth &  
Families Addiction  
& Mental Health



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters  
of Edmonton & Area