



Community Learning Centre



Commission scolaire English-Montréal

English Montreal School Board

École Secondaire LAURIER MACDONALD High School

7355 Viau, Saint-Leonard H1S 3C2

Tel: 514-374-6000 Fax: 514-374-7220

FEBRUARY 6^h, 2014

Dear Parents/Guardians,

The Laurier Macdonald High School Community Learning Center is pleased to offer a free interactive Workshop. The session will be made available through our Center's Video Conferencing Unit.

PARENTING 101

Parenting in today's hurried world is not always easy. Both parents and children feel the pressure of balancing school, homework, careers and extracurricular activities with quality family time.

This presentation raises discussion on what children need to become independent, self-reliant and resilient. It includes enhancing self-esteem in a positive manner, building coping strategies when faced with failure or disappointment, encouraging motivation and fostering strong decision making techniques. The influence of peers and parenting styles will be included.

Presenter: Carol Liverman, Clinical Supervisor - OMETZ

**Place: Laurier Macdonald High School, Jean-Talon
Corner of de Michelet Door #15 (back entrance Cafeteria Door)
Pass the Auditorium Classroom: A1-20**

Date: Thursday February 6th, 2014 Time: 7:00 pm to 9:00 pm
RSVP: Contact Gina Bergantino Coordinator (514) 374-6000 #5354
[**gbergantino@emsb.qc.ca**](mailto:gbergantino@emsb.qc.ca)