

If you would like to make a donation to (FICS) Flamborough Information & Community Services, an information & referral service for residents of Flamborough, please call their office for further details and information.

See Flamborough Review for regular articles about crime prevention information and CAP programs.

or

call the CAP office for details.

905 689 7880



FICS

163 Dundas St.E.
P.O. Box 240
Waterdown, ON. L0R 2H0
905.689.7880
www.infoflam.on.ca/cap



Putting the **CAP** on crime.

Crime Activity Prevention

MINDFUL PARENT

THE ULTIMATE PARENT/CHILD CONNECTION

For Parents of Children
aged 2 to 7 years old

*In cooperation with parent council and
staff at*

Working in Partnership with:

**Flamborough Information and Community Services
Hamilton Police Service
Local Business
Community Members**

Funded by the National Crime Prevention Strategy

Date of Sessions

Where: TBA

When: offered daytime or evening

Duration: Five (5) weeks

Dates: TBA

Fee: Free
Sponsored by FICS

You must pre-register for the workshop and be willing to commit to the full 5 weeks (if this is an issue, please discuss when you register). Drop-ins cannot be accommodated, so please ensure you register beforehand. This ensures respect and confidentiality for other group members.

To Register: Call CAP at (905) 689-7880

*Sonia Filice is the workshop facilitator of Mindful Parents, a passion derived from being a parent herself. Sonia's educational background is in Child Studies and Early Childhood Education. Sonia has had extensive experiences working both with children and parents, through the creation of a Childcare facility in Stoney Creek and as the Director of a Childcare facility in London which are both still in successful operation today.

MINDFUL PARENT

THE ULTIMATE PARENT/CHILD CONNECTION

This class is specifically designed for parents of children age 2 to 7 years old .

What does it mean to be mindful? What is a mindful parent? All of us who are in the prime of parenting, at times find ourselves in situations that feel overwhelming or frustrating. The reality is that there are so many demands on us that sometimes it becomes difficult to enjoy and focus on what the parenting experience can really be like.

The purpose of this workshop is to **enhance** your parenting skills; focus on communication and explore/define what your relationship "can" be as your child grows. We will look at ages and stages of child development, what behaviours are appropriate and which are not and look at our expectations of our children. We will also look at bullying/self esteem, stimulating their creativity and healthy attachments that promote security and well adjusted children (and so much more). This workshop will be interactive and insightful. Come discover more of who you are so that you may develop or continue to develop the awesome connection you have with your children).

Remember....you are their role model.

"I look forward to sharing and learning with you at the workshop" Sonia Filice