

# Connected Parenting Groups

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[www.guidingparents.com](http://www.guidingparents.com)

4<sup>th</sup> Mondays of the month (7:30-9:00pm)  
4<sup>th</sup> Thurs.'s of the month (9:30-11:00 am)

Feb. 23<sup>rd</sup> am    Anxiety? Learn the brain  
Feb. 27<sup>th</sup> pm    science behind anxiety &  
                         management strategies

Mar. 22<sup>nd</sup> am    Encouragement vs. Praise  
Mar. 26<sup>th</sup> pm    and the development of  
                         intrinsic motivation.

April 23<sup>rd</sup> pm    How to develop the strong  
April 26<sup>th</sup> am    bonds of attachment vs.  
                         being a helicopter parent?

May 24<sup>th</sup> am    The 9 Traits of  
May 28<sup>th</sup> pm    Temperament. How your  
                         child interprets life.

## Supported Parenting

The role of parents is constantly evolving. In a comfortable, informal atmosphere, spend 90 minutes connecting with other Moms and Dads to discuss important parenting topics. Sharon Selby, mother of two and Child and Family Counsellor of 12 years, will share current research and facilitate discussion, on the outlined topics, while incorporating Attachment and Adlerian Theories in parent-friendly terms.



Call 604-922-3450 to register. \$25 + tax per topic

Location: ABLE Developmental Clinic  
#110 – 585 16<sup>th</sup> Street, West Vancouver

\*\*20% off if you register for all four topics