

Parenting  
help when you  
need it!



Helpline  
778.782.3548



Email  
info@informationchildren.com



www.informationchildren.com



Facebook  
/informationchildren



Instagram  
@information.children

SFU, DIS2 #133,  
BURNABY,  
BC, V5A 1S6

# Information Children

## Parenting Groups & Programs March 2021

To register via Zoom, click on the group name

To learn more, visit our events page at: [www.informationchildren.com](http://www.informationchildren.com)

### Parenting Through the Early Years

**Mondays | @10:15am-12:15pm | March 8 - April 12**

This is a 6 session, interactive series where the focus is on understanding the unique challenges involved in parenting the early years (4-8 years old). In a supportive, discussion-based environment, parents can share their concerns and challenges, and celebrate their successes.

### Online Family Storytime

**Tuesdays and Thursdays | @5:30-6pm | March 2-30**

Join us online for a 30 min interactive storytime with songs and easy art activities.  
Suitable for children ages 18 months - 5 yrs old

### New Parents: Birth-4 years

**Mondays | @1-3pm | February 1-March 15**

In this interactive 6 session series, the focus is on parenting children under 5 years old. Topics include, but are not limited to: connecting through play, setting limits and boundaries, temperament, effective communication, self-regulation and co-regulation, the importance of connection.

### Parent Coaching

All of your concerns and questions around parenting the early years (birth-12 years) can be addressed by a Parenting Educator. Parent Coaching sessions are available over the phone or online via Zoom. Parent Coaching sessions can be booked via our helpline or email: [info@informationchildren.com](mailto:info@informationchildren.com).