

**DPAC presents “Parents’ Night Out” with
Cindy Andrew, Centre for Addictions Research BC
Parenting Resilient Children**

Monday February 18th

Trafalgar Middle School, 1201 Josephine St. Nelson

In the Library at 7-8:30pm - FREE



Parenting is a lot like being on a road trip. It can be fun to experience new places with your growing child, but it can also be challenging. Parents often wonder about the best way to protect their children when it comes to issues like alcohol and other drugs or how to help kids cope with stress.

Learn practical strategies and resources on what you can do to help your child survive and thrive in today’s world!



*This event is for parents of all school aged children

*Travel and childcare subsidies available on request at the door



For information contact Louise Poole,
Health Promoting Schools Coordinator,
at klpoole@shaw.ca (250-825-9202)



