



## Family Education & Support Centre Zoom Classes



Maple Ridge – Pitt Meadows School District No. 42, in partnership with the Family Education & Support Centre, is offering evening Zoom workshops. Class materials and Zoom links will be emailed to you before the session. All courses follow a workbook format, so please print the materials or have them available on another device during the class. Pre-registration is limited to one parent/caregiver as spaces are limited; however, more than one parent/caregiver may participate in the Zoom meeting. A 24-hour cancellation notice is required for a refund.

### HOME ALONE WORKSHOP

The Family Education & Support Centre is excited to present an opportunity for parents/guardians who want to prepare their nine-year-old child for staying at home when they turn 10 years old. This workshop looks at what works for your family unit in relation to safety and making wise choices when your child is home alone. We will look at topics such as earthquake preparedness, fire preparedness, power outage preparedness, key safety, door safety, phone safety, and much more. Parents/guardians must participate with the child.

**Cost: \$10**  
**May 15, 2024**  
**6:00 to 8:00 p.m.**

### CONFLICT RESOLUTION WORKSHOP FOR PARENTS

The Family Education & Support Centre is thrilled to present a workshop that will provide knowledge and skills for dealing with conflict as a parent/guardian. Some learning tools will include “I” statements, conflict management styles, trigger scale, active listening, paraphrasing, and open questions for parenting.

**Cost: \$10**  
**April 17, 2024**  
**6:00 to 8:00 p.m.**



### How to register

1. Go to <http://schooldistrict42.perfectmind.com>
2. Create an account if you are new to the site
3. Login
4. Click on the ‘Schedule’ icon at the top left of the screen
5. Click on District Program Registration (Under Program Registration)
6. Click on Virtual Online Sessions
7. Click on your course of interest then enrol
8. A Zoom link will be emailed to you after you register

**For more info, contact Hannah Macdonald:**  
**604.837.2384 or [hannah\\_macdonald@sd42.ca](mailto:hannah_macdonald@sd42.ca).**