

You and your family are invited for dinner and workshop, with childcare.

THURSDAY NOVEMBER 2<sup>nd</sup>, 5:30 - 8 pm, at Riverview Elementary. FREE with REGISTRATION:

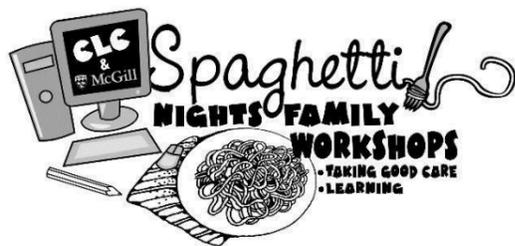
**SUPPORTING YOUR CHILD IN SCHOOL: HOW DOES MINDFULNESS FIT IN?**  
Dr. Zmira King, Psychologist

What are the most effective ways you can help your child do better in school? As parents we are faced with many challenges and one such challenge is how to contribute to my child's education. However, being involved or supportive does not have to be stressful and time consuming. In this workshop we will discuss some of the challenges and provide tips on the key things you can do to support your child in school. In addition, the workshop will address how parents can use mindfulness to reduce stress in the family.

**What you will get at Spaghetti Nights:**

- Hands-on workshops and discussions that send you and your children home with new ideas and concrete tools on how to succeed in school (6pm to 8pm)
- Free spaghetti dinner at each workshop (5:30 to 6pm)
- Free daycare

You can also register online HERE: <https://goo.gl/forms/ehP5xbJ5iH7MY1jE2>  
Please register in advance, so that we can provide adequate food and childcare.



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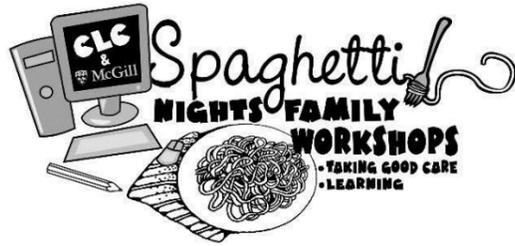
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Please fill out and return this form if you would like participate in our free Spaghetti Nights Family Workshops.

**SPAGHETTI NIGHTS FAMILY WORKSHOPS - REGISTRATION:**

**Parents/Guardian Information:**  
The parents/guardians who will be attending Spaghetti Nights (Maximum 3 per family):

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Name (s) and age(s) of child(ren): \_\_\_\_\_

**Please check ALL the boxes that apply:**

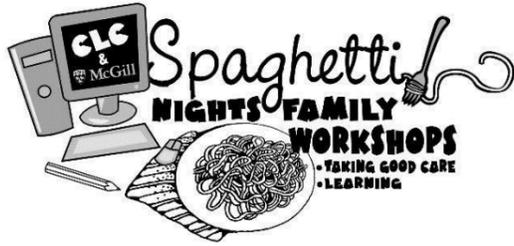
- I plan on attending ONLY these workshops:  Nov 2     Dec 7
- I have the following dietary restrictions: \_\_\_\_\_
- I would like to use the daycare service. How many children? : \_\_\_\_\_  
Age of children : \_\_\_\_\_

**Phone number(s) we can reach you at:**

Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Email: \_\_\_\_\_

**Thank you for your interest in Spaghetti Nights Family Workshops!**

For more information please contact, Simone Viger, Community Learning Center Coordinator, at 514 761-4524, ext. 10360



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