



Introduced in 2012, Spaghetti Nights Family Workshops are a series of free, monthly, two-hour workshops for parents, guardians and families developed through a collaboration between McGill's Social Equity and Diversity Education Office (SEDE) and the LBPSB Community Learning Centre (CLC) Schools of Verdun: Beurling Academy, Riverview Elementary, and Verdun Elementary.

**How Spaghetti Nights works:** Workshops are offered once a month on Thursday evenings, at Riverview Elementary (971 rue Riverview). We begin with a free spaghetti dinner at 5:30 pm for families, volunteers, and facilitators. Following dinner, a workshop is given for parents/guardians from 6:00 – 8:00 pm while childcare is provided by volunteers under the supervision of a Family Care Animator.

### **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

### **UPCOMING DATES**

- **Thursday, December 6th:** How Attachment Develops in Children and the Circle of Security Tool, with Nancy from Step-by-Step Child & Family Center.
- **Thursday, January 17th:** Part 3 - Bring Your Own Issue: Applying key concepts of Attachment Theory, with Nico Abesdris.
- **Thursday, February 7th:** Pink Shirt Day: Promoting Mental Health and Well Being, with Jillian Richie and Steve Valin, from Collective Community Services and Community Health Social Services Network.
- **Thursday, March 14th:** Active listening and intentional communication, with Devon Simpson, from Head & Hands.
- **Thursday, April 4th:** Growth Mindset, with Megan Webster.
- **Thursday, May 2nd:** Money Matters: Budgeting for families, with Agence Ometz.

These workshops allow parents to exchange ideas and best practices, and learn helpful tips from speakers and each other. Workshops are held in the Riverview Elementary Conference Room..

**Please return this form to Simone Viger, Community Development Agent at Verdun Elementary, so that we can provide adequate food and childcare. Or register online:**

<https://goo.gl/forms/ATeViFDmNP7i7vzY2>.

# Family Registrations

## Parents/Guardian Information:

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

## The parents/guardians who will be attending Spaghetti Nights (Max. 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 ALL the Spaghetti Nights Family Workshops  
OR

I plan on attending ONLY these workshops:

- Thursday, December 6th: How Attachment Develops in Children and the Circle of Security Tool.
- Thursday, January 17th: Part 3 - Bring Your Own Issue: Applying key concepts of Attachment Theory.
- Thursday, February 7th: Pink Shirt Day: Promoting Mental Health and Well Being.
- Thursday, March 14th: Active listening and intentional communication.
- Thursday, April 4th: Growth Mindset.
- Thursday, May 2nd: Money Matters: Budgeting for families.

I have the following dietary restrictions:

\_\_\_\_\_

I would like to use the daycare service.

Names of children: \_\_\_\_\_

Age of children : \_\_\_\_\_

Any special needs : \_\_\_\_\_

What kinds of activities do they enjoy? (art, sports, movies) :

\_\_\_\_\_