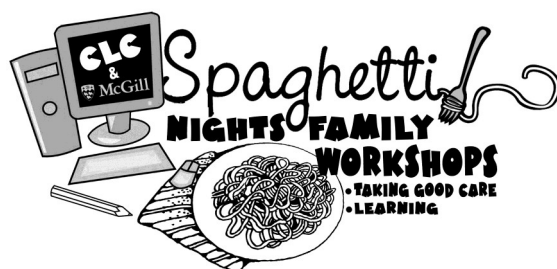


# Spaghetti Nights Family Workshops



Spaghetti Nights Family Workshops is a FREE monthly series of workshops for parents and families. Each month we host a free spaghetti dinner for families followed by an interactive, hands-on workshop designed to help parents help their children succeed. Each month we introduce a new topic. These workshops allow parents to exchange ideas and best practices, and learn helpful tips from speakers. The workshops, which are free and open to the public, are for parents/guardians and their children to attend and participate in!

## 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

Workshops are held on Thursdays from 5:30-8pm at Riverview Elementary School, 971 Riverview, H4H 2C3, Verdun. This is a collaboration between Riverview Community Learning Centre (CLC) and McGill University.

Helping your children be the best they can be	October 6, 2016
Helping kids deal with transitions and major life changes	November 3, 2016
Work-Life Balance	December 1, 2016
Understanding Technology, Screen time and your family	January 12, 2017
Helping kids find their passion	February 2, 2017
Exploring and working with your parenting styles - for couples and single parents	March 2, 2017
Resilience follow-up workshop	April 6, 2017
Self-regulation	May 4, 2017

For more information or to register for one or more workshops please e-mail Audrey Ottier at [aottier@lbpsb.qc.ca](mailto:aottier@lbpsb.qc.ca)