

A Parenting Workshop

**Awesome
DOOR PRIZES!**

...you won't want to miss!

Help your child be organized and develop strong study skills: **Carolyn Melmed**

Find out how you can motivate your children and teach them how to be disciplined, independent learners with strong communications skills.



You will also learn how to help your child:

- Achieve higher grades
- Master memorization
- Become more organized
- Avoid procrastination
- Create an effective homework routine

Carolyn Melmed has 35 years of teaching experience and is a certified mediator. She has also pioneered programs in organization and study skills for students, parents and teachers.

How to prevent your child from engaging in risky behaviours: **Dr. Alissa Sklar**

What do smoking, drugs, alcohol, sex and Facebook have to do with your preschooler or elementary school-aged child? **Everything!** Find out why talking to your kids now lays the groundwork for good decision-making skills in their teen years.

You will learn:

- How to make sure your child feels comfortable talking to you about friends and what's happening at school
- How risky behaviours have changed since you went to high school
- The 7 C's of building resilience at different ages
- Simple ways to teach your child good problem-solving skills
- How to be prepared for the teen years



Alissa Sklar, Ph.D., has a blog that focuses on teens, technology and risky behaviours (www.riskwithreason.wordpress.com). She has worked in the field of adolescent risk prevention at McGill and has won 12 international journalism awards for her *Montreal Families*' parenting articles.

MC and Moderator: **Global Anchor Jamie Orchard**



Jamie Orchard is the Senior Anchor/News Editor for Global Montreal's Evening News. Twice in the past five years, the Evening News with Orchard as anchor has been named Eastern Canada's best newscast by the Radio/Television News Director's Association. She lives in Montreal with her husband Jean-Luc and their two children, Luc and Liam.



When: Sunday, September 18, 1 p.m.

Where: Hotel Ruby Foo's, 7655 Decarie Blvd.

Cost: \$20 plus GST & PST

For more information, call (514) 487-8881

Register online: www.montrealfamilies.ca or fill in and send us this form:

Name: _____

Email: _____

Tel.: _____

Pay by cheque Cost: \$20 + \$2.78 (GST & PST) **\$22.78**

Pay by credit card : Visa Mastercard

Number: _____ Expiry Date: _____

Montreal families Mail this form to: Montreal Families c/o Parenting Workshop
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