

# WORKSHOPS – SPRING 2025

## PARENTING MY CHILD!



### **Navigating the impacts of social media and technology**

March 18 .....Benefits, consequences, and overall usage safety

March 19 .....Regulations and laws about social media, parental controls, and managing technology at home  
Presentation from a community officer from SPVM



### **Unpacking mental health: supporting yourself and your child**

March 25 .....What is anxiety and depression?

March 26 .....Understanding how environmental factors, family influences, and trauma impacts a youth's mental health

April 1 .....How to support your youth with mental health issues

April 2 .....How can parents be more mindful and promote self-care



### **Understanding family dynamics and conflicts**

April 8 .....Separation and divorce

April 9 .....Co-parenting

April 15 .....Impacts on the child

April 16 .....Self-care and community support



### **Creating healthy relationships**

April 29 .....Developing positive relationships for your children

April 30 .....Managing unhealthy relationships



### **DDO CIVIC CENTRE – 6:00 to 7:30 pm**

12001 boul. De Salaberry  
Door #5A, Room 214 (Multimedia Hall)  
Dollard-des-Ormeaux, QC H9B 2A7



### **FOR MORE INFORMATION:**

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### **TO REGISTER, FILL THIS FORM:**



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