



FALL 2015

THE PARENT PROJECT AND CAPABLE KIDS CLUB

Free Evidence Based Program

Are you stressed in your parenting role? Does your child have emotional and behavioural meltdowns? Parenting can be hard; especially when faced with a child who is dysregulated. The Parent Project helps parents learn to develop deep connections with their child through an understanding of their own and their child's attachment history. Run alongside, The Capable Kids Club is a preschool program developed specifically to teach children social, emotional, behavioural and sensory regulation within the context of a fun learning environment.



Programs will run for 12 consecutive weeks with two follow up sessions at Sardis Family Place. Please contact us to get on the list for the fall offering. Start date is September 17. Call 604 792 0025, extension 2537, or email

earlychildhood@ufv.ca

Challenging Child
Behaviours?

Sensory and Emotional
Meltdowns?

Overwhelmed and
Stressed Parents?

Looking for Some New
Ideas for Your Family?

We have a Program
Designed for YOU!



