

# Parenting 101

Free information session offered in English  
for parents of toddlers and preschoolers



**When:** Tuesday, May 1, 2018  
from 7 to 9 PM

**Where:** Jeffery Hale Pavilion,  
Room 1135.  
1270 ch. Sainte-Foy  
Québec, G1S 2M6

**FREE parking**



Centre  
Wellness

- Learn more about normal child development
- Find tools to help you handle difficult behaviours
- Discover healthy ways to discipline so you can stay zen!

These workshops are guided by Julie Fraser. A mother herself, Julie has been working with families for over 20 years as a psych-educator. She works in an elementary school setting and gives training to daycare workers, teachers.

To reserve:  
**418 684-JEFF (5333),**  
**Ext. 1265**