

# Schools and Workplaces!

Host a *Parenting Workshop*,  
or *Parent's Club Video*  
and *Discussion Group*.

This Fall 2010, the Windsor-Essex County Health Unit is offering the following parent workshops:

## **Bullying: You are not alone!**

What do we know about bullying today? Find out what parents can do to help stop bullying!

## **The Parents Club Video and Discussion Groups**

Share coffee and a video, then chat with other parents in a casual setting.

Discussion topics include:

- ◆ Online Safety
- ◆ Dating Violence
- ◆ Sexual Exploitation
- ◆ Cyber Bullying
- ◆ Youth Suicide Prevention
- ◆ Inside the Teenage Brain and more!

## **Help! There's a Teen in My House!**

What makes teens tick? A look inside the modern teenage brain.

Let us know what works for you!  
If you have a group that meets,  
we can come to you!

## **Their world! Their stress!**

Learn to help your children recognize and cope with stress!

## **Talking With Your Teens About Healthy Relationships**

When: Tuesday, November 16, 2010  
6:30 to 8:00 p.m.

Where: Herman Secondary School  
1930 Rossini, Windsor, ON

Learn skills to help you talk with your teens.

- ◆ Talk about the issues today's teens face
- ◆ Focus on positive communication with your teens

To register call: Michelle Mousseau  
or Kevin Racine at 519-944-4700.

\*Refreshments provided.

## **Sessions are free**

Call now to book a Fall 2010 session  
Times are flexible:

- ◆ Lunch and learn at schools or workplaces
- ◆ After school, or evenings
- ◆ At schools, or community rooms

**Meet other parents with similar parenting concerns!**

Contact your school nurse or call the  
Windsor-Essex County Health Unit

**519-258-2146 ext. 1260**

**Parenting**

the most important job you'll ever have

*and we're here to help*

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