



# FAMILY EDUCATION SERIES

Facilitated by

**Terri Lowe**

(Public Health Early Years, Community Home Visitor)

**Shannon Uhlman**

(Parenting Journey Home Visitor & Early Childhood Educator)

*Hosted by*  
**Queens Family Resource Centre**  
**40 Water St**  
**Unit 2**  
**Liverpool**  
**(902) 354-7176**

FREE Drop-in sessions *(MUST register with QFRC if childcare is required)*

Promoting  
Mental  
Health &  
Self-  
Regulation  
Skills

Exploring  
the  
Differences  
Between  
Discipline  
and  
Punishment

Protecting  
Your Child  
from Toxic  
Stress

Taking Time  
for Your Self  
Care

FEB 13  
10:30am

FEB 27  
10:30am

MAR 13  
10:30am

MAR 27  
10:30am



*Public Health*