



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

FEB 13
10:30am

Exploring
the
Differences
Between
Discipline
and
Punishment

FEB 27
10:30am

Protecting
Your Child
from Toxic
Stress

MAR 13
10:30am

Taking Time
for Your Self
Care

MAR 27
10:30am



NOVA SCOTIA
Government of Nova Scotia



Public Health