



# The Art of Parenting

**Wednesdays (6 sessions)**

**January 15, 22, 29,**

**February 5, 19, 26**

**5-7 pm @ Munchkinland Parksville**

*494B Bay Ave Parksville*

**Safe and supportive group to learn about “cultivating courage, curiosity, and resilience” in children**

**Based on Daniel Siegel 's**

**“The Yes Brain”**

**(light meal included)**

This is an opportunity to engage in art making, writing and group discussion in response to learning about your child's developing brain

Participants must pre-register and participation in the first session in the series is required.

Registration fee is \$10 and includes a copy of "The Yes Brain"

**Facilitators:**

Heidi Abbott, Art Therapy Intern

Kutenai Art Therapy Institute

Judi Malcolm, Early Childhood Educator



**Pacific**CARE

For more information or to pre-register

[WWW.OBLT.CA](http://WWW.OBLT.CA)

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