



Register: <https://parents.learnquebec.ca/family-resources/>

Study Skills & Organizational Strategies for Success

**Tuesday, October 21
7:00 PM - 8:30 PM**

Parents will learn how to support their child's academic success by building strong organizational skills, effective study habits, and homework support strategies.

Helping Your Child Thrive:

Strategies for Parents to Support & Manage Anxiety

Take Care of Yourself First - Foundations of Resilience

**Wednesday, Nov 19
7:00 PM - 7:45 PM**

Teaching Resilience and Coping Skills to Your Children

**Wednesday, Dec 3
7:00 PM - 7:45 PM**

Parents will learn how to model coping skills, provide daily support, advocate effectively, and create an environment where their child can thrive emotionally and academically.