



English Parents'
COMMITTEE ASSOCIATION OF QUEBEC



Perspectives in Parenting

LEARN and the **English Parents' Committee Association (EPCA)** have partnered to offer a series of free webinars for parents and caregivers during the 2026–2027 school year.

TUESDAYS
from 7PM
to 8PM



Centre of Excellence
Lester B. Pearson School Board

Smooth Transitions, Strong Starts

Oct. 6, 2026 | 7 PM to 8 PM | PART 1

Nov. 3, 2026 | 7 PM to 8 PM | PART 2

FEATURED SPEAKERS:

Eithne Anne Sheeran,
Autism Consultant, LBPSB

Alison Reichert, Consultant for
Inclusive Education, LBPSB

These sessions will equip parents with practical, adaptable strategies to support their child with special needs through school transitions. You will learn actionable tools to help manage transition anxieties, build core coping skills, and set clear, realistic expectations for a confident shift into a new environment.

Suitable for parents of elementary and high school students.



Centre of Excellence for
MENTAL HEALTH

How to Foster Your Child's Ability to Manage Anxiety, Adapt and Stay Socially Connected in a Changing World.

Oct. 13, 2026 | 7 PM to 8 PM | PART 1

Oct. 20, 2026 | 7 PM to 8 PM | PART 2

FEATURED SPEAKERS:

Zmira King, Ph.D. O.P.Q, Psychologist,
Co-coordinator of the CEMH

Janna Gillis, MA. Family Outreach & Mental Health
Consultant, LBPSB, Co-coordinator of the CEMH

Parents and other adults play a critical role in helping kids learn how to handle distress, develop problem-solving skills and form healthy relationships.

These sessions will focus on:

- Practical strategies to help parents support their children in developing these skills
- The importance of addressing AI and tech use and its impact on independent critical thinking

Suitable for parents of elementary and high school students.



New Frontiers School Board
Adult & Vocational Education

What If the 'Best Path' Isn't the One You Think?

Feb. 16, 2027 | 7 PM to 8 PM

FEATURED SPEAKERS:

Brooke Wilson,
Project Development Officer

Joanne O'Hanley, Academic Counsellor

Parents will learn about employment opportunities, salaries, and industry demand across Quebec, while discovering how vocational programs connect directly to meaningful and rewarding careers. The session will also examine topics such as language and accessibility, gender representation in the trades, and the supports vocational centres provide to help students succeed in today's workforce.

Suitable for parents of grade 10 and 11 high school students or any parent who wants to learn more about this pathway.

SECURE YOUR SPOT TODAY AT [LEARNQUEBEC.CA/PARENT-WEBINARS](https://learnquebec.ca/parent-webinars)

**Parenting is a journey.
Let's navigate it together.**

learnquebec.ca

epcaquebec.org

