

In Partnership

THE ESTEVAN EARLY YEARS FAMILY RESOURCE CENTRE,

WILLIAM SINCLAIR MEMORIAL FUND,

AND

ENVISION COUNSELLING & SUPPORT CENTRE INC.

**INVITE YOU TO ATTEND OUR WORKSHOP
SERIES FOCUSED ON FAMILIES**

**6-7pm on
Thursdays!!**

September

15th - Parenting pt.1

22nd - Parenting pt.2

29th - Communication Skills

(Assertiveness & Boundaries)

October

6th - Stress

13th - Self-Care

20th - Self-Esteem

In house child care will be provided at the centre

