

# Stop arguing with your kids

An introduction to 'collaborative problem solving'



**Date:** Wednesday, May 2, 2018

**Time:** 7 to 8:30 p.m.

- Reduce anxiety and stress, strengthen relationships
- Build skills – resilience, adaptability, problem solving, flexibility
- Enhance communication

Chris Alexiou is a positive thinker, an engaged dad, author, professional speaker, former Halton school principal, and a Think: Kids Certified Collaborative Problem Solving (CPS) Practitioner. Chris is currently the Chair of the Board of the Community Youth in Action Network (CYAN).

This research based workshop will help parents understand why many children and youths are easily frustrated, chronically inflexible and challenge their parents and teachers.

Presented by Denne School Council



Please **RSVP** as soon as possible via our online registration form at:

<http://bit.do/dennespeaker>

**Light snacks and refreshments will be provided.**

**Event Location:** Denne Public School, gymnasium (330 Burford St., Newmarket)

**Please Note:** This is an adult only evening event.

Child minding is available if registered before April 27, 2018