

PARENTING LEARNING EVENT 2021

EMBRACING CHALLENGES

THURSDAYS, MARCH 4, 11, 18 and 25, 2021

6:30 - 8 P.M. * FREE

facebook.org/BurnabyFamilyLife

Adjusting to the rapid changes imposed by the pandemic has left many of us exhausted and anxious about what will come next. PLE2021 explores topics that will help families stay connected and resilient.

Working in collaboration with the Burnaby Public Library, and others in the community, Burnaby Family Life is hosting FREE online sessions to bring families creative solutions and emerging research findings to help families thrive and sustain their resiliency during and beyond the pandemic.

Parents, teachers, guardians, social workers:
You are invited!

Join experts who will share knowledge during this special four-part series for this year's Parenting Learning Event. Sessions will be livestreamed on BFL's public Facebook page (no need for a Facebook account). Presentations will be followed by questions from participants. Join us!

1. THE POWER OF SELF COMPASSION - The importance of parent/caregiver self-compassion

2. SHIFTING SCREEN HABITS - The need for parent flexibility in a rapidly changing world with the increased use of screens

3. NATURE... A PLAYGROUND FOR ALL CHILDREN - The long-lasting benefits of play and the outdoors for the physical and mental wellbeing of children

4. BELONGING TO THE VILLAGE - We need connections to thrive and grow. Discussion with a parent, a parenting program facilitator and a community school coordinator.



MARCH 4 @ 6:30 p.m.
Georgianna Lee
THE POWER OF
SELF-COMPASSION



MARCH 11 @ 6:30 p.m.
Michele Maurer
SHIFTING SCREEN HABITS



MARCH 18 @ 6:30 p.m.
Jarrett Krentzel
NATURE... A PLAYGROUND
FOR ALL CHILDREN



MARCH 25 @ 6:30 p.m.
Gayle Beavil
BELONGING TO
THE VILLAGE

bflgrowscommunity.org/ple2021

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MCFD for supporting this event!



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