



Triple P Parenting Seminar

Nurturing Healthy Self Esteem

As children grow and develop they form views of themselves as a person, their value as an individual, and how good they are at doing things. This view of their self-worth is called self-esteem.

An important part of being a parent involves building confidence in children and supporting them in and developing a healthy sense of self-esteem, which includes children having a true sense of their strengths and challenges

This session will focus on:

- How to create a supportive and engaging environment in developing and maintaining your child's healthy self-esteem.

[Register](#) today!

Parents, Grandparents and Caregivers!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

Date: Thursday, January 20, 2022

Time: 10:00 a.m. – 11:30 a.m.

Location: Zoom Link will be provided

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

More Information:

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This free Parent Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board

