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Parenting a Child:

Be The Parent You Want To Be

Are you finding it challenge to manage & balance a child's needs with daily demands and life's challenges? Do you find it frustrating to know how to effectively respond to conflicts & implement consequences for misbehaviour? Do you wonder what are age and developmentally appropriate expectations? Come join our parenting workshop to learn strategies with other like minded parents. Explore resources to effectively support your child or teenage develop into a mature, responsible adult. Based on the fundamentals of Adlerian Psychology and Systematic Training for Effective Parenting.

Hosted by Teresa de La Boursodiere, a member of the BC Association of Family Resource Programs, the Association of Applied Psychophysiology and Biofeedback, Neuroscience Society, HypnoBirthing Institute, and others. She has a Bachelor of Sciences in Biomedical Sciences from Trinity Western University with a thesis in biopsychology and speciality in Neurosciences. Teresa was the assistant to the Director of The Melbourne Clinic, Australia's largest Psychiatric Hospital. Teresa come with years of experience navigating the health care, education & government system, participating in, coordinating, and conducting medical research, clinical trials, working for the Dean's Office, UBC Faculty of Medicine & supporting families with their parenting & health needs. Teresa understands the challenges today's parents & children face and can share how to work through & overcome barriers, as well as the instrumental role the family can be in empowering children.

Come learn how you can implement effective parenting strategies. Become aware of how your communication, encouragement, the family birth order, goals of misbehaviour, natural & logical consequences, discipline, & family meetings can equip you to parent. Together, we can learn, share & discuss practical techniques that can transform your home life.

For more information, please contact us at (604)730-9600 or info@bcneurotherapy.ca.