



LANDMARK ELEMENTARY SCHOOL

Hanover School Division
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Dear Parents and Caregivers,

Parenting can be hard work! Throughout the school year we would like to share some resources with you. As always, please feel free to contact our Learning Support team if you have any questions.

Resources & Supports

- **KidThink** will be offering some **FREE** virtual workshops;
- 1. **Understanding and Managing Challenging Behaviour in Children** -October 18 @ 5:00 pm - 7:00 pm
- 2. **ADHD for Caregivers** - November 15 @ 5:00 pm - 7:00 pm
- 3. **Understanding Childhood Anxiety** - December 20 @ 5:00 pm - 7:00 pm

Visit [KidThink](#) for more information or to register for one of their workshops.

- **South Winnipeg Family Information Centre** is also offering some programs for parents, some are free.
- 1. Stepping Stones
- 2. Circle of Security
- 3. My Tween & Me
- 4. Safety Skills for Parents and Grandparents
- 5. Parenting and the Screen Time Dilemma
- 6. Red Cross Emergency First Aid
- 7. Parent-Educator 1-on-1 Appointments

Visit [South Winnipeg Family Information Centre](#) for more information or to register for one of their workshops.

Thank you,

LES Learning Support Team