

# PARENT EDUCATION AND REFLECTION (P.E.A.R) GROUP

For Caregivers of Children Ages 4-12 Years

Register Fast!  
Spaces are  
Filling Up!

The Parent Education and Reflection (P.E.A.R.) Group is a **FREE** program for parents and caregivers who are looking to strengthen their own skills, address behavioural challenges, and support their child's development and mental health. In these classes parents will receive practical information, share parenting tips, and support each other in practicing new skills.

These are not drop-in sessions. Each level is it's own 4 week course and **participants are required to attend all sessions** in order to receive a certificate. It is mandatory that you complete level 1 before taking level 2.

## LOCATION

**Delton School**  
12126 89 St NW,  
Edmonton, AB



## Level 1: Growing Together

**March 5, 5:30pm - 8:00pm** — Connecting Through Play and Presence

**March 12, 5:30pm - 7:30pm** — Social and Emotional Coaching

**April 2, 5:30pm - 7:30pm** — Praise and Rewards

**April 9, 5:30pm - 8:00pm** — Structure and Transitions

## Level 2: Weathering Storms

**April 16, 5:30pm - 8:00pm** — Managing Meltdowns & Shutdowns

**April 23, 5:30pm - 7:30pm** — Planned Ignoring

**April 30, 5:30pm - 7:30pm** — Problem Solving

**May 7, 5:30pm - 8:00pm** — Effective Consequences

To register go to:

<https://www.surveymonkey.com/r/PEAR1Delton>

For more information contact the Boys & Girls Clubs Big Brothers Big Sisters of Edmonton staff Fareeda Shoblaq at: **780.471.4079**  
or Sentsetsa Pilane at: **780.822.2530**

Free Child Minding Available by Request!



Boys & Girls Clubs Big Brothers Big Sisters  
of Edmonton & Area