

# Parenting Workshop: DEALING WITH POWER STRUGGLES



As a parent, it's important to take care of yourself. Stressful events such as power struggles can leave you feeling scared, exhausted, and powerless. Therefore, it is essential to develop strategies that help you navigate the inevitable challenges of parenting. Having the right tools can reduce the frequency of negative interactions between child and caregiver, which allows more opportunities for positive connections, and more time for parents to recharge.



**Onsite  
child minding  
available!**

During this workshop, we'll explore realistic behavioural expectations for children, effective communication skills, and ways to set limits and guidelines that leave you and the children feeling empowered.



## Workshop info:

**Date:** Tuesday, March 21, 2023

**Time:** 10:30 AM - 11:30 AM

**Location:** BNH North House

4908 Hastings St, Burnaby



**Contact:**

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BNH North House in partnership with Cameray Child and Family Services

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Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwataʔ), Kwikwetlem (kwikwəʔəlm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.