



SCHOOL DISTRICT 46 (SUNSHINE COAST)

DISTRICT SUPPORT SERVICES

6030 Lighthouse Avenue, Box 2148, Sechelt, B.C. V0N 3A0

Telephone: 604 885 6782 Fax: 604-885-2617

**PARENTING THROUGH DIFFICULT TIMES:
HOW TO THRIVE RATHER THAN JUST SURVIVE
WITH SARAH JOSEPH**

Elementary Session Links:

- 1) May 4th: [Calming an Upset Child in 3 Easy Steps](#)- & [Animals in my Brain Reading](#)
- 2) May 11th: [Establishing New Routines](#)
- 3) May 18th: [Making Family Time a Priority](#)
- 4) May 25th: [Increasing Cooperation](#)
- 5) June 1st: Responding Instead of Reacting
- 6) June 8th: How to Turn Mistakes into Opportunities

Secondary Session Links

- 1) May 6th: [Recognizing and Responding to Grief and Anxiety](#) & [Video Resource](#)
- 2) May 13th: [Co-Creating Routines & Structure](#)
- 3) May 20th: [Gaining Cooperation through Connection & Contribution](#)
- 4) May 27th: [Problem Solving Together & Making Agreements](#)
- 5) June 3rd: Responding instead of Reacting
- 6) June 10th: Parenting from Fear or Love & Faith