# \* Working toward community peace.

### Welcome back to Nova!

The following list is all workshops offered by Nova from September 2008 to June 2009. Please register at the Interior Community Services office, located at 765 Tranquille.

All Nova workshops require a \$5.00/person/family fee upon registration.

Please be sure you can attend BOTH nights of the two night workshops before you register.

## NOVA'S 2008 - 2009 Workshops

#### SEPTEMBER - DECEMBER

Adult Workshop: Building Your Emotional Intelligence - October 21 & 28th

Good Parent / Better Parent - October 20th - December 8th

Professional Workshop: October 24 & 25<sup>th</sup> (Friday and Saturday 9am – 4pm)

Adult Problem Solving: November 18 & 25th

Parent Plus: Fostering Emotional Intelligence in your Child - November 19 & 26th

Parent Plus: Discipline that Teaches- December 3 & 10<sup>th</sup>

#### JANUARY - MAY

Parent and Teen: January 19th - March 9th

Parent Plus: Building Your Successful Blended Family - February 3 & 10th

Parent Plus: Sibling Rivalry – February 17 & 24<sup>th</sup> Parent Plus: Temper Tantrums – March 3 & 10

Getting to Win Win for Adults: March 24th - May 12th

Parent Plus: Helping Your Child Grieve - March 30th & April 6th

Parent Plus: Discipline that Teaches - April 20 & 27th

Parent Plus: Fostering Emotional Intelligence in Your Child - May 4 & 11th

## Don't' Forget!!

The Community Connections component of Nova welcomes agencies, schools and organizations to book/ host any of the above workshops.

For details about each program please call Mary @ 554-3215.

Low registration will cancel workshops.....so don't wait, register NOW!