

# Parenting Workshop

Nurturing Capable, Co-operative, and Contributing Children



## Description

An 8 week parenting group based on the 'STEP' (Systematic Training in Effective Parenting) method. The workshop will provide you with theory and techniques in a supportive and engaging way, helping you build a toolkit to raise capable, cooperative, and responsible children.

## Dates and time

Wednesdays 7:00pm – 9:00pm

**January 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>**

**February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>,**

**March 6<sup>th</sup>**

## Cost\*

Individual \$200, Couples \$300

*\*Financial support may be available*

## Venue

The Adler Centre  
440 – 2184 West Broadway, Vancouver,  
BC, V6K 2E1

## Facilitator

**Beverley Anderson**, RSW, MSW (1997) has been working in In and Outpatient Mental Health settings for 19 years. Since her move to BC 10 years ago she has worked with pregnant and post-partum mothers experiencing depression and anxiety.

As a mother, Beverley was inspired to learn more about the skills of being a kind, compassionate, and capable parent and completed the Certified Parenting Facilitation course at the Alfred Adler Institute. Beverley works part-time at a Mental Health agency and has a private practice.

She lives with her wife and their two children in Vancouver and is excited to encourage and empower parents to be the best that they can be!

**Registration required**

## Contact The Adler Centre:

**e:**[apabc@adler.bc.ca](mailto:apabc@adler.bc.ca) **t:**604-742-1818 **f:**604-742-1811 **w:**[www.adlercentre.ca](http://www.adlercentre.ca)

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