



# Presenting...

## ONLINE WORKSHOPS!



For registration visit:

[haltonfamiliesforfamilies.com/events/registration/](https://haltonfamiliesforfamilies.com/events/registration/)



### You'll Learn...

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**MONDAY APRIL 27:**

**7-8PM**

**"The Bright Side of the Spectrum: One Family's Journey"**

With humour, tips and real life experiences, Julie Cole will share how she managed the mother-load with 6 children since her first child was diagnosed with autism at the age of 3. Hear where her son is today as a 20 year-old!

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**THURSDAY MAY 7:**

**7-8PM**

**"Born This Way! Supporting the well-being of your 2SLGBTQ+ youth"**

The Positive Space Network will present skills and strategies to help support 2SLGBTQ+ within your family and community. In this interactive lecture, you will learn ways to support yourself and your youth to greater resonance and connection.

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**TUESDAY MAY 26:**

**7-8PM**

**"ADHD/ADD - Finding ways to connect!"**

With helpful tools and strategies, learn how to maintain a relationship and connection while understanding the aspects of the behaviour and appreciating your child/youth for the gifts they have to offer. This workshop is intended for caregivers who have general knowledge and experience with ADHD.

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Got Questions? Reach out!  
[families@rockonline.ca](mailto:families@rockonline.ca)

