

# PARENTING IS HEART WORK 2023

## Conference



FREE YORK REGION PARENTING CONFERENCE FOR FAMILIES WITH BABIES 0-12 MONTHS

REGISTRATION IS NOW OPEN!

- Connect with other parents
- Find available parenting supports
- Experience fun and engaging parent and baby workshops
- Learn from child development experts
- Wonderful door prizes

### Keynote

**MICRO-MOMENTS MATTER:  
THE POWER of CONSISTENCY, CONNECTION  
and COMMUNITY**

Parents today consume more information about what babies need than ever before. While this has increased our knowledge, it has also increased parental anxiety. This presentation explores simplified strategies to ease the stress of daily parenting and the protective role community plays in helping families thrive.

**Sharyn Feldman**

Sharyn Feldman is a Registered Psychotherapist (Qualifying) with over 25 years of experience in family support. She is a passionate advocate for maternal mental wellness and is known as a consummate mentor to parents, educators and caregivers. Through personal stories, Sharyn's presentation will offer actionable insights to make a lasting difference in the lives of families.

### Workshops

- Zumbini with Babies
- Treasure Baskets
- Baby Messy Play
- Strollers n' Motion
- Putting the Heart in Feeding Your Baby



**Community Book Reading**

with **Barbara Reid (Award-Winning Canadian Author)**

November 7th: Maple Downs Golf and Country Club (Maple, ON)  
11101 Dufferin St, Maple, ON L6A 1S2

8:45 am - 1:30 pm

**CLICK LINK or SCAN CODE TO REGISTER:**

<https://parentingisheartworknovember7.eventbrite.ca>



SCAN ME