

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 9th: Cardinal Golf Club (King, ON)
2740 Davis Dr W, King, ON L7B 0G7

8:45 am - 1:30 pm

CLICK LINK or SCAN CODE TO REGISTER:

<https://parentingisheartworknovember9.eventbrite.ca>

