



SAINT THOMAS AQUINAS ROMAN CATHOLIC SCHOOLS

Attention Parents at St. Augustine School and Father Lacombe Schools!

Are you interested in connecting with your child in a disconnected world? Join Michelle Horbay, Division Wellness Coordinator, for Connect Parent Group.

This is a 6-part parenting series that is based on understanding attachment and how our children communicate with us (typically through behaviors). The series focuses on 6 topics each evening and include foundational science, regulation, emotions, and attachment needs. Parent Connect also blends in empathy and self-care for all caregivers.

Series Information:

- Series begins on Wednesday Oct 18th – November 29th, 2023
- Each session will be held from 6:30PM – 8:00PM
- Caregivers are expected to attend 6 sessions. (In person)
- Location: St. Augustine School
 - 5220 45 Ave Ponoka
- **All participants must pre-register October 16th, 2023**
- All Materials and information is provided and FREE
- For more information and to register please contact:
 - Mrs. Michelle Horbay
 - 780-986-2500 (office) or 780-781-1239 (Cell)
 - michelle.horbay@starcatholic.ab.ca

This series is FREE to attend!