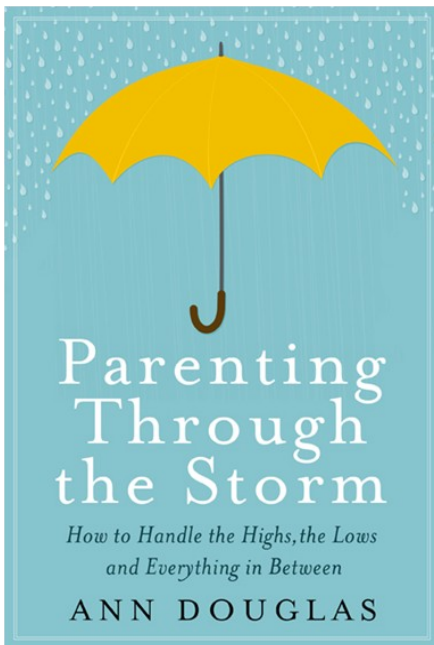


Bartimaeus Family Service proudly presents **Ann Douglas' Workshop:**

STRENGTH IN THE STORM



*Ann Douglas is the Canadian author of a number of bestselling books about pregnancy and parenting, including **The Mother of All Pregnancy Books** and **The Mother of All Baby Books**.*



Coping strategies for parents and for professionals who have a child or who are supporting families with children who are struggling with a mental, neurodevelopmental, or behavioral challenge.

Topics to be discussed include self-care, self-compassion, creating your own support network, and lifestyle matters (nutrition, fitness, sleep, stress management, and making time for fun). This workshop is based on interviews with more than 50 parents who have walked this walk and who are eager to share their best advice with other parents.

WHEN:

Choice of dates:

Wednesday, April 8th, 2015 from 7pm to 9pm

Thursday, April 9th, 2015 from 10am to noon

LOCATION:

290 North Queen Street, Suite 111, Etobicoke ON

(Across from Sherway Gardens— free parking)

COST: \$25 + HST (*payment with Visa or Master Card*)

Each participant will receive a signed copy of Ann's latest book, Parenting Through the Storm

TO REGISTER:

please call 416.243.3330 or email linda@bartimaeus.com