

# Goodbye Mealtime Struggles

## What can I expect to learn?

Join an AHS dietitian and occupational therapist to explore mealtime struggles and leave with strategies to make mealtimes happy times. You will learn:

- Why mealtime struggles can happen.
- Strategies to try at home that best fit your child and family.

This class is suitable for parents or caregivers of children who do not have complex medical or feeding concerns or extensive feeding intervention plans.

## How is this class being offered?

- Over Zoom®

## How long is the class?

- 2 hours

## Does it cost to attend?

- It's free!

## Who can register for this class?

- This virtual nutrition class is for anyone interested in learning about how to make family mealtimes happy times.

## How can I register for this class?

- Online: <https://redcap.link/CenGMS>

## Questions about the class?

- Email: [publichealthnutrition.centralzone@ahs.ca](mailto:publichealthnutrition.centralzone@ahs.ca)



Health Link has dietitians to answer nutrition questions.  
Call 811 and ask to talk to a dietitian.