

Goodbye Mealtime Struggles Workshop

March to May 2020



Are you a parent of a
6 months to 5 year old child?

Want ideas to make
mealtimes more pleasant?

This free introductory*
workshop is for you!

*suitable for parents of
children who do not have
complex medical/feeding
concerns or have had
extensive feeding
intervention

Join an introductory discussion with other parents, a pediatric Occupational Therapist (OT) and a Registered Dietitian (RD).

- Learn more about how children grow and develop eating skills.
- Explore the many reasons behind meal time struggles, and decide which **first step** strategies best fit your child and family.
- Learn about setting a consistent routine, connecting with your child, introducing healthy new foods and appropriate portion sizes.

Options for follow-up by an OT or RD
are reviewed at the workshop.

Notes to Parents:

- Select one of the dates below.
- You must call and register all who plan to attend.
- Please arrive on time so that we can make best use of your time.

2020

Date and Time	Call to Register	Location	City
<input type="checkbox"/> March 18 Wednesday 5:45 PM to 8:00 PM	780 – 489 – 2243 No Child Care **FULL**	16811 – 88 Ave West End Parent Link Cabrini Centre	Edmonton NW
Location Map: www.jasperplace-cfrc.com			
<input type="checkbox"/> April 3 Friday 9:45 AM to Noon	780 – 413 – 4521 No Child Care	25 Fairway Drive Westbrook Site Family Futures Resource Network	Edmonton NW
Location Map: http://www.familyfutures.ca/contact-us			
<input type="checkbox"/> April 16 Thursday 1:00 PM to 3:15 PM	780 – 413 – 7703 No Child Care	401 Festival Lane Strathcona County Library Sherwood Park Public Library	Sherwood Park
<input type="checkbox"/> April 29 Wednesday 1:00 PM to 3:15 PM	780 – 413 – 7703 No Child Care	Suite 166 Londonderry Mall 137 Ave & 66 St Londonderry Branch Edmonton Public Library	Edmonton NW
<input type="checkbox"/> May 14 Thursday 9:15 AM to 11:30 PM	780 – 413 – 7703 No Child Care	#196 St. Albert Centre 375 St. Albert Trail St. Albert & Sturgeon PCN	St. Albert
<input type="checkbox"/> May 28 Thursday 5:45 PM to 8:00 PM	780 – 489 – 2243 No Child Care	16811 – 88 Ave West End Parent Link Cabrini Centre	Edmonton NW
Location Map: www.jasperplace-cfrc.com			

For updates and information
about other parent workshops
visit: www.ahs.ca/ezprs