

# SchoolsPlus Pictou County in partnership with Mental Health and Addiction Services

present

## Helping Your Child Series

**Session 1: Helping your child with  
attention and organization**

**Session 2: Helping your child  
manage their behavior**

**Session 3: Helping your child  
with anxiety**

**Session 4: Helping your child  
safely use technology and social  
media**

**Monday nights  
6:00pm to 7:30pm**

**West Pictou Oct. 7, 21, 28, Nov. 4**

**Pictou Landing First Nation  
School Nov. 18, 25, Dec. 2, 9**

**A. G. Baillie Jan. 6, 13, 20, 27**

**Walter Duggan Feb. 3, 10, 24,  
Mar. 2**

**East Pictou Mar. 23, 30, Apr. 6,  
13**

**note:**

**No need to pre-register.  
Child care can be arranged  
if parents call a SchoolsPlus  
Facilitator at 902-759-  
0469 or 902-759 9816 at  
least THREE SCHOOL DAYS  
PRIOR to the session you  
wish to attend. If you do  
not call in advance onsite  
child care can not be  
provided**

**You are welcome to attend all  
sessions at one location or each  
session at different locations  
depending on what works best for  
your family**