

Whiteoaks School Council Presents

Sara Dimerman

WED. APRIL 24TH, 2013

7-8:30 pm

Whiteoaks

Gym



WHO: Parenting expert Therapist, Author and Creator of www.helpmesara.com

Join Sara Dimerman, Psychologist, syndicated columnist and Author of three books. Sara has been counselling individuals, couples and families out of her private practice in Thornhill for the past 23 years. She is a sought after and trusted parenting and relationship expert and is heard on radio and television across North America. Sara's monthly HelpMeSara column can be found in ParentsCanada magazine and she can be heard on Newstalk 1010's John Tory Show every Monday at 6:35pm

WHAT: WORDS THAT WORK....KEEPING THE LINES OF COMMUNICATION OPEN

- The difference between open and closed communication
- How to get beyond your child's one word responses
- The art of active listening
- How to broach tough topics
- And more.....

WHEN: Wednesday, April 24th, 2013
7-8:30 pm

WHERE: Whiteoaks Public School, Gym

Free Babysitting will be provided

Refreshments will be served.

Sara Dimerman,
.PSYCH.ASSOC
Therapist, Author and Creator
of [www. Helpmesara.com](http://www.Helpmesara.com)



Signed copies of her
books will be available
for purchase at the

www.helpmesara.com

RSVP Please submit this portion to the school in your child's agenda.

Name: _____ Number of adults attending: _____

Number of children for babysitting: _____ ages: _____

Or email Vinita.Mongia@peelsb.com