

LIFE Seminars

Living In Families Effectively



Hello and welcome to The Parent Child Connection. I'm really looking forward to our classes. The LIFE courses have a profound, positive impact on families. If you have any questions about the courses, please email me: allisonrees@shaw.ca.

I encourage both parents to take these courses, even if you are separated. We can't rely on how we were parented; this is education that everyone benefits from, especially our children. Get in the same chapter!

Please mark the course dates in your calendar for your class starting on Wednesdays, beginning Feb. 15th to April 5th, 2023.

Times: Noon to 1:30PM or 7:00 to 8:30 PM The link will work for both times.

The invite below will be your ongoing Zoom link. Allison Rees is inviting you to a scheduled Zoom meeting.

Topic: The Parent Child Connection

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://zoom.us/j/97130635598?pwd=Qi96M29RZUJwdkR3UIZ6ejlNSGFTdz09>

Meeting ID: 971 3063 5598

Passcode: 138138

General Zoom Guidelines:

- Please participate fully; it supports learning and connection if we can see each other's faces, please join the call via video if you can. We understand that some folks have unstable internet, and video may not be possible for everyone.
- If you need to tend to children or something distracts you, please turn off your video briefly, so others aren't distracted.
- Parent education is adult information. Consider wearing headphones if you can, &/or attending from a closed room, so you have privacy, focus, and can take this time for yourself.
- Use the chat format to pose questions during the lecture; the moderator will read out chat questions so the facilitator can answer live. Questions may also be redirected to the discussion groups.

- If there is an option to ask questions aloud in the large group, please use the "raise hand" notifier in zoom so the moderator can see you have a question (if your kids can hear you, please use the chat format instead).
- Please note that the course leader is managing time and not all raised hands or questions can be accommodated.

Discussion Group Guidelines:

Being part of an educational group is a shared experience that requires awareness of group protocol. In order to create an element of safety, we have these suggestions:

- Stay on task with the material at hand rather than jumping ahead and trying to solve problems too soon.
- Be open to learning so that you can become your own expert.
- Participants are asked to resist the urge to give each other advice.
- Keep your sharing to the point and avoid story telling.
- There are very few pat answers when it comes to parenting, work week to week and you will get a lot out of the course.

The Parent Child Connection can be a deeply personal course as participants reflect on how they were raised. Of course, sharing is an option and we ask you to exercise good boundaries throughout the course.

To get the most out of this course, show up every week. Take the time as soon as you can to read the handouts provided.

If you miss a class, there will be an edited recording of the class available. This will not be the same as being in the class, but it will bring you up to date. Recordings are private and for participants only for the duration of the course.

Hopefully you have taken some time to look through our website to get a sense of the LIFE philosophy.

You can also go on our Facebook page which has mini-clips about various subjects.

<https://www.facebook.com/lifeseminars/>

Dr. Allison Rees and Team