



In partnership with:



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

FREE INFORMATION SERIES FOR PARENTS

CHEO Connects! provides trusted information from the experts. We will focus on developmental milestones, common concerns and practical advice. Six evening events will roll out over the 2011/2012 school year, each covering key physical & mental health topics for a specific age group. **Coming up:**

February 6, 2012
Children 1 to 5



**Those Terrific Toddler and
Precious Preschool Years**

- **Speech, Language and School Readiness**
- **All Those Developmental Changes!**
- **Discipline and Behavior**
- **Diet and Nutrition**



7 - 9:30 pm

Adult High School (300 Rochester St.)

Parking is free, or take OC Transpo Bus #14

For additional route options please check

www.octranspo.ca

Register:

www.cheo.on.ca/cheoconnects



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April 16, 2012 The In-Between Years

9-13 years

- **Puberty and Sexuality**
- **Social Skills: Bullying, Social Media, Social Relationships**
- **Healthy Living: Combating Lack of Physical Activity**
- **Mental Health: Emotional Intelligence, Self Esteem, Anxiety**



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