

# VIRTUAL

## Parent Information Workshop

Please join Keystone staff and other parents  
to get some answers and share ideas

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## Parenting through Change



**Friday October 23<sup>th</sup>, 2020**  
**9:30 to 11:30 a.m.**

### **Topics Covered Include:**

- Coping with change
- Learning to co-parent
- Dealing with conflict

Please register by calling 519-371-4773 ext "0"  
This workshop will be held virtually via Zoom



This program is sponsored by Keystone Child, Youth and Family Services  
For future dates please visit [www.keystonebrucegrey.org](http://www.keystonebrucegrey.org)