



# JICS PARENTING WORKSHOP SERIES

WITH ELLIE LATHROP

LAB SCHOOL SOCIAL WORKER

## **Conversations to support you and your family**

We all need community and now more than ever. We would like to invite parents and families to join us this academic year for a series of workshops designed to spark discussion, share information and provide helpful strategies.

Our first talk:

**Sleep, the  
foundation for  
family wellbeing**

will be a lunchtime  
chat held on  
October 27

at 12:30pm

---

**Other topics may  
include**

---

Sibling Strategies

Transitions without  
Tears

Screen Time Tips

Nurturing Healthy  
Eating

Parenting Philosophies

Your suggestions are  
welcome!

[SEND IDEAS TO ELLIE](#)

Conversations will be led  
by Ellie Lathrop, MSW, RSW

JICS Social Worker