



FIRST STEPS COURSE 2011-2012

Registration:

NAME: _____(wife)

NAME: _____(husband)

TELEPHONE #: _____

EMAIL: _____

ADDRESS: _____

CITY/PROV: _____

POSTAL CODE: _____

METHOD OF PAYMENT: cash _____

Cheque to: Family Enrichment Ottawa _____

MAIL REGISTRATION TO:

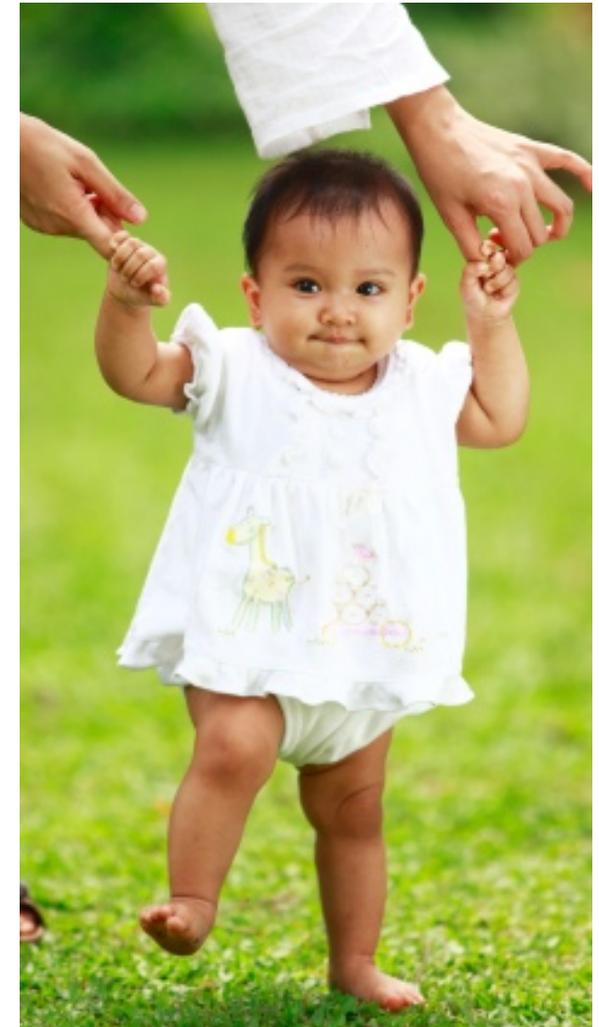
Ania Kruczek, Family Enrichment Ottawa

175 Billings Ave. Ottawa ON K1H 5K8

First Steps Course

- Who?** Parents of children 0-3 yrs or parents-to-be.
- Why?** To provide parents with practical knowledge and skills for surviving the early stages of raising a happy family.
- Where?** Sandy Hill Community Centre (250 Somerset East)
- Cost?** \$175 per couple (includes course materials, refreshments & free parking)
- Deadline for Registration is:** Sept. 16, 2011
****Register early since space is limited!****
- Need more info?** Contact: Gillian Roussy
gdroussy@bell.net
819.770.3578

www.familyenrichmentottawa.ca





FAMILY ENRICHMENT OTTAWA

FIRST STEPS

is a course developed by professionals at IFFD (International Federation for Family Development, (www.iffd.org/en) that uses the Harvard case study method to explore parenting issues of young children.

It is meant to give confidence and practical assistance to parents, who are the first educators of their children. Engaged couples can also benefit from this course as they prepare to begin their new family.

Recent studies show great importance of creating good habits and a stimulating environment for very small children...the first three years of life are 'golden years' of learning.

This is a precious time to educate a child in the acquisition of good habits (developing good sleeping and eating habits, orderliness) and for parents to learn about the emotional and intellectual development of this early stage of life, the importance of play and exploration, the adventure of toilet training and effective discipline.

Join us for a fabulous course and an opportunity to network with other parents!

Course Schedule – 2011/2012

Dates	Time	Subject
September 24	7:30–9:30 p.m.	Introduction to the Program
October 29	7:30–9:30 p.m.	Key Aspects of Child Development
November 26	7:30–9:30 p.m.	The Family Environment
January 28	7:30–9:30 p.m.	Heredity and Temperament
February 25	7:30–9:30 p.m.	Communication within Marriage
March 24	7:30–9:30 p.m.	Siblings
April 21	7:30–9:30 p.m.	Will and Discipline

*Small group sessions will take place in couples homes on mutually agreed dates between each session.

Helping Build Strong Families

This course is organized by Family Enrichment Ottawa. Its Steering Committee members are: Natasha & Colin Gajraj, Ania & Bogdan Kruczek, Amy & Dr. Tim Lau and Gillian & Daniel Roussy.

For further information, please contact Gillian Roussy at 819.770.3578 or at gdroussy@bell.net.

www.familyenrichmentottawa.ca

Sponsored by:

Neeje Association for Women and Family

