



Parent Support Services
Society of BC

Parenting Workshop

Supporting Your Growing Eater

Wed., November 18, 2026 | 10 am - 11:30 am

For parents & kinship caregivers.

Struggling with mealtimes? Join Registered Dietitians for a free 1.5 hour virtual workshop designed for parents/caregivers of children aged 6-12.

We will explore:

- Understand your role vs your child's role in feeding
- Support children to have a positive relationship with food
- Manage common mealtime behaviours like food refusal, pushback, and uneaten school lunches

**Scan or Click
to Register**



FREE

Registration required to participate in this workshop!

Register now -
Workshop Nov., 18, 2026

www.tinyurl.com/pssworkshops

**Online
Workshop**



In partnership with:



island health

GOT QUESTIONS?

REACH US AT:

1-877-345-9777 (Toll-Free)
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parentsupportbc.ca

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