

Big Feelings in Little Bodies

POSITIVE DISCIPLINE IN EVERYDAY PARENTING

Join other parents and explore how self-regulation can change how you and your child meet day-to-day challenges. Learn to manage those meltdowns and create cooperation.



WHO IS PDEP FOR?

PDEP is for all parents, grandparents, foster-parents and others who care for children of all ages. It's also for future parents.

Caledonia - Pope Francis Elementary/Grand River Public

Tuesdays Oct 6-Dec 1, 2026 6:00-8:00 pm

100 MacLachlan Avenue

To register please call Barb at 519-587-2441 or
1-800-265-8087 x405 bsutcliffe@hnreach.on.ca

For more information on Positive Discipline in Everyday
Parenting contact: www.pdel.org

101A Nanticoke Creek Parkway, Townsend, ON N0A 1S0
Our main office hours are: Monday to Friday - 8:30 am to 4:30 pm



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