

We invite you to join us in  
**THINKING HEALTHY THOUGHTS**

October 5th, 2024  
MDM Community Centre, Bellevue  
9am -3pm



Presented by  
Tami Buroker  
AHS

### Male and Female Brains How to co-parent

Tami Buroker, Child Development Specialist with Alberta Health Services, helps parents and caregivers understand the difference and similarities between male and female brains and how this impacts behaviour.

F.U.S.E.



Presented by  
Rick and Leisa Olson  
F.U.S.E  
Family Coaching

### Raising Resilient Kids Through a Strong Partnership

Rick and Leisa Olson, from F.U.S.E. help parents understand how their relationship as a couple directly impacts their children's resilience. They will provide parents with tools to strengthen their partnership in ways that empower their kids to thrive.



Drums Alive

Presented by  
Heloise Walters

### Drums Alive

Drumming exercise has been shown to improve concentration, reverse stress responses, improve sensory and motor movement, and produce feelings of elation and creativity. Drumming is also a means for emotional expression.

For more information and to register call  
Tina Smith (403) 562 8020  
Limited Space for participants and childminding  
(Lunch will be provided)



