



January, 2023, Issue 56

Parenting in 2 Cultures Newsletter

The Intercultural Education Team Monthly E-Newsletter

Immigration and Settlement Services



Developing Positive habits for the New Year!

Believe it or not, 2023 is here! We want to work on making this year a better one than last year. In this issue we share some ideas to develop positive habits!

1. Eating Healthily

No complicated diets or spending hours at the supermarket or in the kitchen are required. Just make some simple changes to the way you do things – eat a piece of fruit at breakfast; have a salad for lunch or dinner; take some nuts or fruit to work as a snack; have a couple of sugar-free days per week.

2. Putting yourself in someone else's shoes

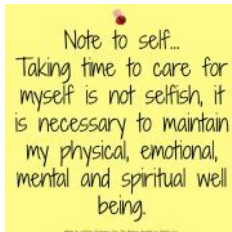
The importance of empathy cannot be overstated. We are not 'right' and other people 'wrong.' Genuinely trying to see the other person's perspective can be liberating and mind opening.

3. Taking time for yourself

It's important to spend a little time each day just for you. Spend a bit of time on your own to do what you want to do. Read, write, meditate, play music, dance, sing – do what makes you feel happy.

4. Exercise (almost) daily

The benefits of just 20 minutes of exercise per day are well documented. Even 10-15 minutes of vigorous exercise per day can be enormously beneficial. It will keep your metabolism high and build muscle tone, both helping you to burn more calories; it will help you sleep better and make you less prone to illness.



WORKSHOPS AND GROUP MEETINGS: ONLINE AND IN-PERSON

ONLINE PARENTING IN 2 CULTURES.

Mondays, January 23, 2023 to March 6, 2023, 10am –12pm (No session on February 20th.)

ONLINE TAKE CONTROL OF ANGER.

Thursdays, March 2, 2023 to April 6, 2023, 6pm—8pm (Follow-up session on May 4, 2023)

ONLINE WOMEN'S GROUP.

Mondays, 4:00 pm - 5:00pm (We now meet once per month in-person, 2pm-4pm)

ONLINE MEN'S GROUP.

Wednesdays, 4:00 pm - 5:00 pm.

IN-PERSON PARENTING IN 2 CULTURES-Steinhauer Community Centre– Tuesday, Jan 31 to March 7, 2023, 5:30pm to 8:30pm

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IN-PERSON PARENTING IN 2 CULTURES

JASPER PLACE FAMILY RESOURCE CENTRE

16811-88th Avenue, T5R 5Y6

Cabrini Centre – Main floor

Behind the Misericordia Hospital

Saturdays, 10am - 1pm, January 21 to March 4, 2023

(No session on February 18th.)

(Child minding provided upon request)

For more information or to register, email

parenting2cultures@cssalberta.ca

Call Isolde: 780-391-3267, Izdhar: 780-391-3265

Or use the QR Code here:



Registration Form

