



Northeastern  
Catholic District  
SCHOOL BOARD

# Pine River Institute's Centre for Family Initiatives Positive Parenting Webinar Series

Northeastern Catholic District School Board in partnership with Pine River Institute, will be hosting five webinars:

1

## **Building our "Stretch" Zone.**

*Thursday, October 9, 2025 at 7:00 p.m.*

Explore comfort, stretch, and panic zones to help you and your child build resilience, improve communication, and know when to push or provide safety.



2

## **Online Relationships and Crucial Conversations**

*Thursday, November 13, 2025 at 7:00 p.m.*

More and more kids are finding connections online, and for many parents, this seems terrifying. Learn how to talk with your child about their online relationships; even when they seem to be the digital experts.



3

## **Sleep and Mental Health**

*Thursday, December 4, 2025 at 7:00 p.m.*

A good night's sleep is one of the most important things we can do for our mental and physical health. How can we help our kids, who just seem to want to stay up all night and sleep all day?



4

## **Critical Thinking in an AI World**

*Thursday, February 12, 2026 at 7:00 p.m.*

As AI becomes part of daily life, this webinar offers parents strategies to help kids stay curious, think critically, and navigate technology with confidence.



5

## **Adolescence and Experimentation**

*Thursday, April 16, 2026 at 7:00 p.m.*

Being a teen means trying new things. As parents, we need to keep kids safe while giving them space to explore. This session will share ways to talk (and listen) to your kids to help guide them through these years.



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