



## Dolphin Kids: Parent Evening

### **Raising Healthy, Happy, and Self-Motivated Kids...The Dolphin Way!**

Structured around the #1 National best-selling book *The Dolphin Parent* by Dr. Shimi Kang, this interactive presentation aims to help parents:

- Better understand the downfalls of authoritarian tiger and permissive jellyfish parenting.
- Understand the lasting benefits of authoritative parenting and how to incorporate this effective style.
- Learn practical everyday tools to raise healthy, happy, and successful children with essential future-ready skills of innovation, leadership, and wellness.

#### **Instructor: Quinn Cashion MEdL, RTC**

Quinn is a registered therapeutic counsellor, educator, and speaker with over 15 years experience working with adults and young people in the area of life skills, mental wellbeing and resilience. She has worked with educators locally and internationally in bringing awareness to the benefits resilience and well-being has in cultivating student learning potential.

Quinn has presented at several local and international conferences: Expanding Our Horizons: Moving Mental Health and Wellness Promotion into the Mainstream, Clifford Beers Foundation and Mental Health Commission of Canada; The Wisdom and Power of Simple Understanding, USA, 2013-2014, 2016. She is co-creator of the Web of Well-Being, a global project helping young people see the power of innate well-being and to showcase the impact and outcomes of the work. Quinn is currently in a private practice in North Vancouver and raising her two teenage daughters.

**When: Wednesday May 1, 2019**

**Where: Choice School Gym**

**Time: 6:30 pm- 8:00 pm**

We hope you will be able to join us for this free event. Please RSVP to [office@choiceschool.org](mailto:office@choiceschool.org) or call 604-273-2418.

Childcare will be provided free-of-charge for school-aged children. **Parents must register their child in advance.**