

# Limitless Learning Lab

With Ontario High School

Offers the program

## Empowering Families



A series of modules to support families in developing a positive and healthy social-emotional home.

1. **Managing our Emotion**
2. **Developing Our True Identity**
3. **Recognizing True Power**
4. **Empowering the Voice Within**
5. **The Developing Human**
6. **Parenting in the 21st Century**

### Dates, days and time

Monday at 10am

- April 5, 12, 19, 26
- May 3, 10

### Zoom link

(a free application on the smartphone and computer)

- <https://us02web.zoom.us/j/86243013701?pwd=V1VaZ3VIQTNYVG9lZWpjaThLeWE0Zz09>

Or use this links

- <https://bit.ly/OHSFam>