

# Kids' Health Matters:

## A Parent Education Series



Join us for an engaging workshop series — *Kids' Health Matters!*

Designed to support newcomer families in raising healthy, thriving kids. Featuring professional guest speakers and practical tips for family well-being.

### Workshop Series Includes:

#### 1. Preventive & Physical Health (Jan14&21)

Fluoride & Dental Health in Kids

Understanding Childhood Immunizations

Common Childhood Illnesses

Healthy Growth & Development

#### 2. Mental & Behavioral Health (Jan28&Feb4)

Supporting Kids with ADHD

Recognizing Mental Health Red Flags

Building Emotional Resilience

The Parents' Role in Kids' Mental Health

#### 3. Nutrition & Healthy Habits (Feb 11& 18)

Family Nutrition for Healthy Kids & Feeding Challenges

Hydration and Sugar Awareness

### When:

Every Wednesday

Jan 14<sup>th</sup> to Feb 18<sup>th</sup>, 2026

1:00 PM TO 2:00 PM

### Where:

In-person in

ISS of BC 2610 Victoria Dr.

Vancouver, BC V5N 4L2

### For registration contact:

**Nesreen Nassleh**

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Call: 778-372-5848

### Click to register:

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