

# Creating Healthy Attachment & Boundaries



**Parents & Caregivers**



**Brighthouse Library  
Registration Required**

**Wednesday,  
November 6  
6:00-7:30pm**

Learn how to create healthy attachment with your child and take home practical strategies to use right away.

**Wednesday,  
November 13  
6:00-7:30pm**

Learn about how to set boundaries with your child, when to say “no” and how to address big emotions.

[yourlibrary.ca](http://yourlibrary.ca)

