

# Closer to Home Community Services

Over the years, **Closer to Home Community Services** has gratefully received support from Calgary businesses. We would like the opportunity to give back to the corporate community in the best way we know how:

## *Lunch & Learns*

We are experts in providing guidance and tips for families, and parenting strategies that work in our ever-changing community. **Closer to Home's** qualified staff will come to your company to share our expertise with your staff in a relaxed lunch hour presentation.

**Closer to Home's Lunch and Learns** are structured to include a 20 to 30 minute presentation and ample time for questions and discussion. You choose from a variety of topics that are important to today's families (see back for a list of potential topics).

To book a **Closer to Home Lunch and Learn**, or to learn more about our presentations, please e-mail us at [reception@closerhome.com](mailto:reception@closerhome.com) or call 403 543-0550 x0.

***All you need to provide is the space and the people!***

*"Home is where  
one starts from"* T.S. Elliot



**2011**  
**Lunch & Learn Options**

**Getting Your Child  
Ready for a New  
School Year**

**Morning Routines**

**Homework Times/  
Organization**

**Home Alone Safety**

**Household  
Organization**

**Avoiding Power  
Struggles**

**After School  
Resources**

**Extra Curricular  
Activities/Resources**

**Get Your  
Preschooler to Bed**

**Literacy**

**Chores**

**How to Recognize  
Signs of Bullying**

**How to Address  
Bullying**

**What to do When Your  
Child Won't Listen**

**Technology Safety**

**How to Interview a  
Babysitter**

**How to Create Self  
Esteem in Your Child**

**100 Ways to Praise  
Your Child**

**Youth Preferred  
Behaviours**

**Responding to your  
Child's Stress**

**Youth Mental Health**

**Problem-Solving for  
Young Children**

**Problem-Solving for  
Older Children**

**Creating Healthy  
Eating Habits**

**Quick Meals for the  
Family on the Run**

**Talking to Your Child**

**How to Help Your  
Child's Friend**

**Summer Camps**