



HOW TO STAY CONNECTED TO  
**KIDS THESE DAYS**  
THE ONLINE COURSE



The SD58 Nicola-Similkameen District PAC did a thing! We purchased an online course: *Kids These Days*, and 55 copies of the book, written by Dr. Jody Carrington, clinical Psychologist and best-selling Canadian author and speaker.

***Kids These Days* is a game plan for (re)connecting with the kids we raise, teach, lead & love.**

This is a tool for us adults to help us navigate change as our kids grow and we all experience new and hard things together.

**In Jody's words "If you own a kid, work with a kid, or love a kid, you will find something inspiring in this course."**

### **Two options to explore the program:**

1. Take the course! At your leisure! From your chesterfield!
  - Go to Link: <https://www.drjodycarrington.com/courses/kids-these-days>
  - Sign up with your email address & use our 'coupon code'. **Contact Your School Administrator for the code.**
  - 8 modules with 30-minute videos & PDFs (Also get extra audio files!)
  - Note: You do not need to read the book to take the course. But, if you like reading...
2. Read the Book!
  - 5 copies of *Kids These Days* are available for parents and staff at each SD58 school library
  - Please see your child's awesome school Librarian to sign out your copy today or get your name on a waitlist.