

Spaghetti Nights Family Workshops

Lester B. Pearson School Board - Riverview CLC, Riverview QC



The Spaghetti Nights Family Workshops, offered to families of Verdun and the Southwest borough of Montreal, take place on the first Thursday of each month during the school year. They are designed to help parents support their children to become successful in school and in life, while at the same time helping themselves develop tools and strategies for optimal parenting and supporting their personal development.

With financial and in-kind support McGill's Social Equity and Diversity Education (SEDE) Office, workshops foster community engagement as families come together to break social isolation and learn together. The CLC provides free food and daycare and the workshops are well attended by parents from a variety of area schools including: Riverview, Verdun, Beurling, Allion, Children's World, Lasalle Elementary Senior, Terry Fox, St. Lawrence Jr., Cavalier de Lasalle.

“[The workshops are helpful for me] because I learn ways to raise my child better and be a better parent.” Parent

Each interactive session offers parents a forum for sharing ideas and best practices. Post-workshop surveys indicate that many parents are attributing improvements in family life, their children’s behaviour and performance in school as a result of tools and strategies they learned from the workshops. Evaluations also indicate that families feel supported for the following reasons: information is helpful; tools and strategies are leading to improved parenting and stronger, more cohesive family units; sharing with other parents in a safe and supportive environment. These workshops have been in place for over four years now and continue to gain popularity amongst families.

Students also report benefits, saying they feel more supported due to an increase in parental presence in school. On average there are 15-20 parents per workshop and 20-25 children.

The workshops are designed and delivered by professionals on topics related to increasing student success, engagement and well-being. The topics are chosen according to needs identified by parents and this year include:

- How to help our children be the best they can be;
- Helping kids deal with transitions and major life changes;
- Work–Life Balance;
- Understanding Technology, Screen time and your family;
- Helping kids find their passion;
- Exploring and working with your parenting styles - for couples and single parents;
- Resilience
- Self-Regulation.

“I feel pretty good about my parenting (4 children), but this gave me new tools that I had never heard of.” Parent