



**PAC PARENTING EVENT!!**  
**"TRUE TO YOU"**  
**with Darlene Unrau**  
**6:30 pm, Thursday April 21<sup>st</sup>**  
**@ South Rutland Elementary**  
**School Gym**

*\*FREE Childcare with pre-registration*

*\*Coffee and sweets will be served*

**Find out ways to have valuable conversations with your kids  
about healthy relationships for life!**

*Your children are looking to you for guidance on how to navigate the confusing & ever-changing landscape of sex and relationships. If we don't enter into the conversation, others will. Join Darlene Unrau for some ideas on effectively engaging children/teens in life-giving conversations, providing them with the big ideas, reflecting your values, to carry with them throughout life.*

**Darlene's Bio**

*With over 25 years experience in working with youth and their parents and a Masters Degree in Education majoring in Counselling, Darlene Unrau brings her passion to equipping parents and youth influencers to confidently initiate 1000s of ongoing conversations. Presently, her role is one of creator, presenter and trainer of the "True To You" curriculum offered in different formats to both students and youth influencers in public and private schools and organizations. A mother of three wonderful sons, she resides in Kelowna with Kim, her amazing husband of 28 years.*

[www.truetoyouokanagan.com](http://www.truetoyouokanagan.com)

**Presented by South Rutland Elementary PAC**

**Sign-up on Facebook @ South Rutland PAC (click "Going") or  
call the school @ 250-765-7785 to leave your name, phone #  
and email address. See you there!**