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MEDIA RELEASE

For Immediate Release

THE DOLPHIN WAY IS THE KEY TO SUCCESSFUL PARENTING

FVRL Presents Author Dr. Shimi Kang, M.D. at Free Events in Delta and Abbotsford.

Abbotsford, BC - Teach your children the skills they need to thrive in the 21st Century. Fraser Valley Regional Library (FVRL) welcomes author and psychiatrist Dr. Shimi Kang, M.D., for two speaking engagements in Delta and Abbotsford. Dr. Kang will present "Dolphin Parenting™: How to Raise Healthy, Happy, Motivated Kids... Without Turning into a Tiger." These inspiring free talks will be of interest to parents, caregivers and educators.

- **Tuesday, May 12 at 7 pm** -- Firehall Centre for the Arts (11489 84 Avenue, Delta)
- **Thursday, May 28 at 7 pm** -- Matsqui Centennial Auditorium (32315 South Fraser Way, Abbotsford)

Author of the national bestseller *The Dolphin Way*, Dr. Kang refutes the authoritarian "tiger parent" model of child rearing. Instead, she offers a new parenting metaphor: the intelligent, joyful and highly social dolphin, explaining "the dolphin parenting model is about guiding rather than directing, encouraging rather than instructing, and teaching by example. The dolphin way of life is about emphasizing the importance of play, exploration, social bonds, altruism, contribution, and family and community values."

Dr. Kang is an award-winning doctor, researcher and lecturer on human motivation. With over 15 years of clinical experience and extensive research in the science of motivation and mental wellness, she has helped hundreds of children, adolescents and parents move towards positive behaviours and better health. Dr. Kang is well known in the media: her articles appear in *The Huffington Post*, *Psychology Today* and *Time* magazine. She is a frequent guest on major news media like the CBC National News, CTV National and Breakfast Television. Learn more about this dynamic author and speaker at drshimikang.com.

For more information on this special FVRL event, go to www.fvrl.ca/dsk.php. Admission is free. Reserve your spot on Eventbrite:

- www.DolphinParentingDelta.eventbrite.com
- www.DolphinParentingAbbotsford.eventbrite.com

ABOUT FRASER VALLEY REGIONAL LIBRARY

Fraser Valley Regional Library is the largest public library system in British Columbia, with 25 community libraries serving over 700,000 people in its service area. Established in 1930, it is funded with taxes raised in the community it serves, plus a Government of BC operating grant. The governing Board consists of elected officials representing 15 member municipalities and regional districts. With its mission "to connect people to the world of information and ideas," FVRL plays a prominent role in the communities throughout the Fraser Valley.

FVRL MEMBER LIBRARIES

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| <i>Abbotsford Community</i> | <i>Agassiz</i> | <i>Aldergrove</i> |
| <i>Boston Bar</i> | <i>Brookwood</i> | <i>Chilliwack</i> |
| <i>Clearbrook</i> | <i>Fort Langley</i> | <i>George Mackie</i> |
| <i>Hope</i> | <i>Ladner Pioneer</i> | <i>City of Langley</i> |
| <i>Maple Ridge</i> | <i>Mission</i> | <i>Mount Lehman</i> |
| <i>Muriel Arnason</i> | <i>Murrayville</i> | <i>Pitt Meadows</i> |
| <i>Sardis</i> | <i>Tsawwassen</i> | <i>Terry Fox</i> |
| <i>Walnut Grove</i> | <i>White Rock</i> | <i>Yale</i> |
| <i>Yarrow</i> | | |

FOR FURTHER INFORMATION CONTACT

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