

The Importance of Play: Balancing Studies, Work, and Family.

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Being a parent isn't easy, and being a student isn't either - but doing both at the same time? That's next level! Some days it can feel like you're juggling classes, deadlines, work, and family all at once, and finding balance seems impossible. The truth is, there's no magic formula for getting it "right." Balance looks different for everyone, and that's okay.

What really matters is making room for joy - yes, even a quick movie night counts! Taking time to laugh, relax, and enjoy yourself helps recharge your energy and reminds you that you deserve that break. Maybe that means using those Cineplex tickets for a fun night out with your kids, your friends, or even just yourself. Play isn't just for children - it's how we reconnect, reset, and refocus.

Need an idea for your next family outing? [Cineplex's Family Favourites program](#) offers family-friendly movies on select Saturdays for just \$3.99 per ticket. It is a simple and affordable way to unwind and share some laughs together.

(Authored by: Nancy Chicas, Student Ambassador for Mature and Students with Family Responsibilities)

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