



# FREE Parenting Workshops — May/June 2017

All families have strengths and all families have challenges.

All Dufferin Parent Support Network (DPSN) workshops are free of charge and open to men, women and couples. Registration is required. For more information, or to register for a workshop, contact us at [info@dpsn.ca](mailto:info@dpsn.ca) or 519-940-8678. [www.dpsn.ca](http://www.dpsn.ca)



## Workshops by Topic

### General Parenting Topics:

- Good Discipline, Good Kids (Tues.)
- Let's Talk Communication (Weds.)
- Siblings without Rivalry (Thurs.)

### Finance:

- Paying for Post-Secondary (Mon.)
- Dollar\$ and Sense: Help Your Child Learn Money Management (Weds.)

### School:

- Help Your Child Find Success at School: Tutoring Skills for Parents (daytime)
- Helping Students Make Career Decisions (Tues.)
- Paying for Post-Secondary (Mon.)

### Separation/Divorce:

- Positive Parenting from Separation Homes (Mon.)

### Special Needs:

- Parenting Your Child with Autism (Tues.)
- Strategies for Managing Autism Anxiety (Tues.)

**Find our  
up-to-date  
schedule:  
[www.dpsn.ca](http://www.dpsn.ca)**

### **GETTING READY TO LAUNCH:**

Three stand-alone, one-evening workshops to help prepare your child for the transition to adulthood:

- Helping Students Make Career Decisions (Tues.)
- Paying for Post-Secondary (Mon.)
- Dollar\$ and Sense: Help Your Child Learn Money Management (Weds.)

## Daytime

### Help Your Child Succeed at School: Tutoring Strategies for Parents

Wednesday, May 10—1 afternoon

**Orangeville Public Library, 1 Mill Street**

Do your children hate homework or struggle in class? You can help them improve their grades and be more successful while increasing their confidence and self-esteem. This workshop will provide practical ways to learn how your child learns and provide strategies to help your child in an effective and enjoyable manner.



**Follow DPSN on Facebook!**

## Monday Evenings

### Paying for Post-Secondary

May 15—1 evening

**Westside Secondary School—300 Alder Street**

This session is designed to give parents, caregivers, teachers and high school students the information and resources they need to not let money prevent someone from pursuing a post-secondary education. Facilitated by specialists from Georgian College's Career and Employment Community Services. Free tuition grants go unclaimed each year. This workshop provides an overview of the many options for financial assistance, bursaries, and grants, including how to access them. An opportunity for questions and answers will also be provided.

### Positive Parenting from Separate Homes

June 5—1 evening

**DCAFS—655 Riddell Road**

Are you worried about the effects of separation, divorce and parenting from two homes on your children? Do you want help managing these changes to ensure that your children do not get caught in the middle of parental conflict? This program can help. You will learn to understand your feelings, your children's needs and develop a business-like relationship with the other parent. You will not be asked to talk about your individual situation because the program is intended to provide general

## Tuesday Evenings

### Parenting a Child with Autism (ASD)

May 2—1 evening

**Princess Margaret Public School—51 Wellington Street**

Parenting children can be a difficult task, and when your child has an Autism Spectrum Disorder diagnosis it becomes even more complex. This workshop will explore how to adapt your parenting style, manage misbehaviour and how to best support your child with an ASD diagnosis.

### Helping Students Make Career Decisions

May 9—1 evening

**Orangeville District Secondary School—22 Faulkner Street**

Should my child go to university, college, start an apprenticeship or go into the workforce first after high school? What jobs will be in demand? You don't have to be an expert to help your child with career decision-making. Facilitated by specialists from Georgian College's Career and Employment Community Services, this practical workshop provides parents with information and resources to support their children with career decision-making.

## Tuesday Evenings (cont'd)

### Strategies for Managing Autism Anxiety

May 16—1 evening

**Princess Margaret Public School—51 Wellington Street**

This workshop is designed to address the needs of those living with ASD and anxiety. It will provide parents and support workers with the ability to recognize the signs of anxiety and provide strategies to help individuals manage their anxiety and increase their coping skills.

### Good Discipline, Good Kids

May 23 and 30—2 evenings

**Ontario Early Years Centre (Orangeville)—30 Centre Street**

Are you experiencing challenges with your child's behavior? The focus of this workshop is on conflict resolution strategies that promote respect, cooperation and good communication skills, as well as sibling fights, problem-solving and family meetings.

## Wednesday Evenings

### Let's Talk Communication

May 10, 17 and 24—3 evenings

**Princess Elizabeth Public School—51 Elizabeth Street**

Communication is key to positive, respectful relationships. In this workshop we will explore different communication approaches with our children and others, effective speaking and listening skills and strategies, and the language of encouragement.

### Dollar\$ and Sense: Help Your Child Learn Money Management

May 31—1 evening

**Georgian Suite (Entrance B), Edelbrock Ctr—30 Centre St.**

Does your child think money grows on trees? This workshop, led by a certified financial planner, will help you teach your child financial literacy. Topics covered include: allowances, "good" and "bad" debt, psychology of money, education plans, and your role as family CFO. All workshop participants will receive a copy of Money and Youth, a guide to financial literacy.

## Thursday Evenings

### Siblings Without Rivalry

May 4, 15, 22, 29, & June 1—5 evenings

**Island Lake Public School—50 Oak Ridge Drive**

Being a parent of one child is a challenge. But when a child turns into a sibling, new problems and possibilities arise. Learn how to help kids to solve conflicts on their own and deal with their siblings in age-appropriate ways.