

Parenting Workshops & Programs in Dufferin County

Spring 2018

March

- C** Mar 5 ~ **Make the Connection** (10:00–11:30 a.m.)
- C** Mar 6 ~ **Winning at Parenting** (9:30–11:30 a.m.)
- E** Mar 7 ~ **Kids Have Stress Too** (6:00–7:30 p.m.)
- C** Mar 20 ~ **Parent Connection** (9:30–11:30 a.m.)
- A** Mar 20–27 ~ **Surviving Thriving in the Teen/Tween Years** (7:00–9:00 p.m.)
- D** Mar 21 ~ **Skating Connection** (10:00–11:30 a.m.)
- D** Mar 27 ~ **Starting Solids** (9:30–11:30 a.m.)
- E** Mar 28 ~ **Parent Connection** (9:30–11:30 a.m.)
- E** Mar 28 ~ **Coffee and Conversation** (6:00–7:30 p.m.)
- A** Mar 28–Apr 11 ~ **How to Talk So Your Spouse (and Kids) Will Listen: Effective Communication for Stronger Relationships** (7:00–9:00 p.m.)

April

- A** Apr 9 ~ **Help Your Child Manage Anxiety** (7:00–9:00 p.m.)
- C** Apr 10 ~ **Kids Have Stress Too** (9:30–11:30 a.m.)
- F** Apr 10–June 19 ~ **Peaceful Families** (4:30–6:30 p.m.)
- A** Apr 10 ~ Introduction to Autism Spectrum Disorder (ASD) (6:30–8:30 p.m.)
- A** Apr 16–23 ~ **The Anger Game: Help You and Your Child Manage Anger** (7:00–9:00 p.m.)
- C** Apr 17 ~ **Starting Solids** (9:30–11:30 a.m.)
- D** Apr 17 ~ **Crockpot and Conversation** (9:30–11:30 a.m.)
- E** Apr 18 ~ **Parent Connection** (9:30–11:30 a.m.)
- E** Apr 18 ~ **Bullying and Your Child** (6:00–7:30 p.m.)
- C** Apr 24 ~ **Parent Connection** (9:30–11:30 a.m.)
- A** Apr 24 ~ **Calm, Cool and Collected: Strategies to Help Your Child Get in the "Just Right" Zone** (6:30–8:30 p.m.)
- G** Apr 24 ~ **Anthony McLean: Helping Parents Understand Social Media, Bullying, Conflict and the Need to Set Boundaries** (www.anthonymclean.org) (6:45 p.m.)
- A** Apr 25–May 9 ~ **Raising Your School-Aged Spirited Child** (7:00–9:00 p.m.)

May

- C** May 1 ~ **Car Seat Workshop** (9:30–11:30 a.m.)
- A** May 3–10 ~ **Discipline That Works—Without Yelling** (7:00–9:00 p.m.)
- A** May 7 ~ **Help Your Child Overcome Self-Harm** (7:00–9:00 p.m.)
- A** May 15 ~ **Developing Executive Functioning Skills for Kids on the Autistic Spectrum** (6:30–8:30 p.m.)
- A** May 23–Jun 6 ~ **Cooperative Co-Parenting** (7:00–9:00 p.m.)

Ongoing

- B** Various dates & times ~ **Prenatal Prepare for Parenting Classes**
- C** Wednesdays ~ **CUP—Come Understand Parenting** (12:30–2:30 p.m.)
- C** Thursdays ~ **FAB—Feelings After Birth** (9:30–11:30 a.m.)
- E** Fridays ~ **FAB – Feelings After Birth** (9:30–11:30 a.m.)

- A** **Dufferin Parent Support Network**
www.dpsn.ca / 519-940-8678
- B** **Wellington-Dufferin-Guelph Public Health**
Let's Talk Parenting: 1-800-265-7293, ext. 3616 / www.wdgppublichealth.ca/
- C** **EarlyON Child and Family Centre—Orangeville**
30 Centre Street, Orangeville / 519-941-6991 ext. 2205
- D** **EarlyON Child and Family Centre—Grand Valley**
90 Main Street, Grand Valley / 519-928-3383
- E** **EarlyON Child and Family Centre—Shelburne**
167 Centre Street, Shelburne / 519-925-5504
- F** **Family Transition Place (FTP)**
<http://familytransitionplace.ca/> / 519-942-4122
- G** **St. Andrew Elementary School—Dufferin Peel Catholic District School Board** 519-942-0262

To understand why responding to your children in a loving way matters throughout their lives and makes it a little easier to manage the challenge, contact the DuCK member organizations listed above or visit

MyDufferin Directory

www.MyDufferin.ca website directory of contact info for organizations that provide services for parents, children and youth in Dufferin County.

Dufferin Coalition for Kids...Working together to help you be the best parent you can be.

