

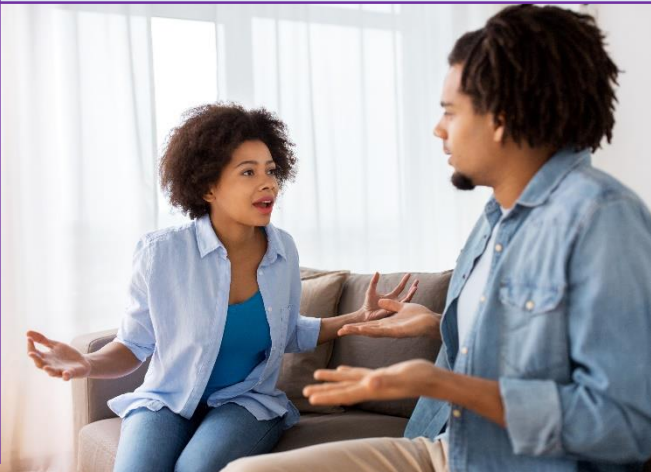
Featured Workshops



Siblings without Rivalry

Dealing with sibling rivalry can be challenging and stressful for parents. This workshop can help you reduce the friction between your children and support strong sibling relationships. You'll learn what to do about fighting, new ways to think about "fairness," and how to help your kids resolve conflicts on their own.

Thursday, November 7, from 7:00 to 9:00 p.m.
Princess Margaret Public School
51 Wellington Street



Positive Communication to End Power Struggles And Encourage Cooperation

Ever wish your children would just listen to you and do what you ask? Learn strategies to get them to cooperate—even when they don't want to. Break the power struggle cycle and really engage with your children through positive communication techniques.

Wednesday, November 13, from 6:30–9:30p.m.
Parkinson Centennial Public School
120 Lawrence Avenue



Raising Resilient Children

Resilient children don't avoid challenges or escape failure. They still experience heartbreak, conflict and uncertainty. What sets resilient children apart from their peers is that they have the skills to help them manage anxiety and feel calm and confident instead of stressed. Join us for a facilitated discussion on how you can help your child become more resilient.

Wednesday, November 20, from 7:00 to 9:00 p.m.
Parkinson Centennial Public School
120 Lawrence Avenue

Free!
Registration
is required.

For more information or to register, please contact:
DPSN at 519-940-8678 or info@dpsn.ca

