

Online!

# February Workshops

Winter 2021



## Supporting Your Child to Manage *BIG* Emotions

Tuesday, February 9, 7:30–8:30 p.m. + ½ hour Q&A

Are you struggling with how to respond to and support your children in managing their BIG emotions, such as anger and anxiety? This arts-based workshop will explore ideas for supporting your child with big emotions, ways to build self-esteem and how this impacts the regulation of emotion, and recognizing and reflecting on your strengths as a parent.

To register: <https://bit.ly/DPSNbigW21>



## Why Can't We Just Get Along? Reduce Family Conflicts and Sibling Rivalry

Thursday, February 18, 7:00–8:00 p.m. + ½ hour Q&A

Families are under increased stress these days, and that can result in friction and conflict. We'll take a look at the mix of personalities in our homes and how they interact, as well as strategies for improving communication and problem-solving skills. Through a better understanding of individual strengths and how they respond to stress, we can reduce bickering, power struggles, and sibling rivalry and improve family connections.

To register: <https://bit.ly/DPSNDynW21>



## Eating Disorders and Healthy Body Image

Tuesday, February 23, 7:00–8:00 p.m. + ½ hour Q&A

Social isolation and fewer opportunities for extra-curricular activities are leading to a surge in eating disorders and disordered eating habits in children and youth. Eating disorders come in all shapes and sizes and can occur in all genders. Learn about the different types of eating disorders, signs to look for, and what to do if you suspect your child might be at risk. We'll also look at messaging and other ways to promote a healthy body image and positive food talk among your family and peers.

To register: <http://bit.ly/DPSNeatW21>

DPSN's 2021 winter workshops are made possible through the generous support of the Government of Canada's Emergency Community Support Fund and the Dufferin Community Foundation.

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

Free!  
Registration  
is required.

