

Online!

Early March Workshops

Winter 2021

Recharge, Reset, or Revitalize Your Relationship

Thursday, March 4, 7:00–8:00 p.m. + ½ hour Q&A

Parenting, especially with the current challenges, can test even the strongest relationships, especially if both parents have different parenting styles. This workshop will help you identify the underlying causes of conflict between you and your partner, as well as the differences in your parenting philosophies. We'll explore your role in conflict management and resolution and help bring both parents on the same page or bridge the seas between you.

To register: <https://bit.ly/RrrW211>



Taming the Dragon:

Anger and Stress Management

Wednesday, March 10, 7:00–8:00 p.m. + ½ hour Q&A

Children, like adults, are feeling the stress of physical distancing and ever-changing school routines. They may show it through anger or acting out. Learn how to teach them to manage these difficult emotions. We'll discuss anger and stress management strategies for both parents and children. You'll also learn to recognize your own anger triggers and how to release anger safely so you can lead by example.

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



Sneak Peek—Save the Dates!

Picky Eaters: **Thursday, March 18**

Parenting Teens and Tweens during Difficult Times:

Tuesday, March 22

Supporting Your Teen/Tween through Difficult Times:

Wednesday, March 31.



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

Free!
Registration
is required.

Dufferin
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