

Online!

January Workshops

Winter 2023

Calming the Storm: Co-Regulation Strategies for Your Intense or Emotional Child

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

Does your child have frequent tantrums or meltdowns or display other challenging behaviours? Learn positive strategies for managing these difficult moments while supporting your child in developing self-regulation. We'll also discuss ways to improve communication and set limits while building connections and strengthening your relationship with your child.

Facilitator: Nichole MacPherson, Behaviour Consultant

To register: <https://bit.ly/DPSNregW23>



Discipline that Works—Without Yelling

Tuesday, January 24, 7:00–8:00 p.m. + ½ hour Q&A

Are you tired of yelling and nagging at your children to get them to cooperate? Learn positive constructive ways to encourage cooperation, respect and good communication. We'll explore the differences between discipline and punishment, consequences, and your long-term goals for your children.

Facilitator: Kolleen Sykes, Parent Educator

To register: <https://bit.ly/DPSNdisW23>



Help Your Child Manage Anxiety and Foster Self-Esteem

Thursday, February 2, 7:00–8:00 p.m. + ½ hour Q&A

Anxiety has increased for everyone during these uncertain times. For some children, it can interfere with daily functioning and impact their ability to cope. Learn to support your child in developing coping skills and identifying their strengths. A healthy self-esteem can help them deal with frustrations and worries, handle both positive and negative emotions, and take on new tasks.

Facilitator: Lynne Fadden, Registered Psychotherapist with the College of Psychotherapy

To register: <https://bit.ly/DPSNanxW23>



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

Free!
Registration
is required.

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