

## NOVEMBER 2023



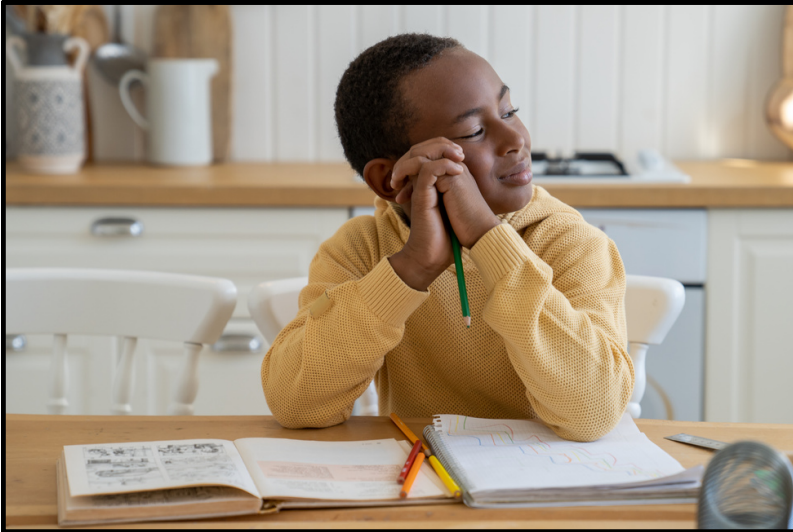
**RESCHEDULED:**

**PLEASE MAKE NOTE OF NEW DATE**

### **Cooperative Coparenting Through Separation and Divorce November 8, 2023, 7:00-8:00pm + 1/2 hour Q&A**

When parents separate, they become co-parents and must work toward the benefit of the children. In this workshop, you'll learn how divorce can impact you and your children and how to work with the co-parent in a cooperative way. We'll explore ways to deal with the emotions of separation and divorce and work in the best interest of your children. Topics will explore effectively communicating with your ex-spouse, basic parenting skills, anger management, conflict management and encourage families to work together toward supporting your children together.

**Registration Required:** <https://bit.ly/46jQdKH>



### **The Art of Distraction: Help Your Child with ADHD Thrive November 9, 2023, 7:00-8:00pm + 1/2 hour Q&A**

Do you wonder if your child has ADHD, or has your child been diagnosed with ADHD? Children with ADHD experience different challenges at home, school and in the community that can be stressful and overwhelming for families. This workshop will provide you with greater knowledge of what ADHD is, its symptoms and signs, and we'll explore common ADHD challenges and share practical ways to manage impulsive behaviours, improve focus and regulation, and build more positive relationships. You'll leave with effective strategies and understanding to help make parenting a child with challenging behaviours and ADHD a little easier.

**Registration Required:** <https://bit.ly/3PuYaWR>



### **Attitude Adjustment: Understanding Challenging Behaviour November 15, 2023, 7:00-8:00pm + 1/2 hour Q&A**

Children don't do things just to push our buttons. We'll take a look at the goals of both positive and negative behaviour to reveal the hidden messages and reasons behind our children's actions. When we understand why children behave the way they do, our responses can lead to solutions.

**Registration Required:** <https://bit.ly/48qEplA>



### **Recognizing and Supporting Your Child's Special Needs November 21, 2023, 7:00-8:00pm + 1/2 hour Q&A**

Do you wonder if your child might have special needs and abilities? Has your child been recently assessed? This workshop can help you navigate the system. We'll discuss the behaviours that might indicate a special need, the process of assessment and various options, as well as an overview of different developmental and mental health diagnoses. In addition, we'll look at the different services and supports available.

**Registration Required:** <https://bit.ly/3E07r7L>

For more information or to register, please contact



[info@dpsn.ca](mailto:info@dpsn.ca)



519-940-8678

Want to make sure you don't miss an upcoming workshop?  
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