

FEBRUARY 2024

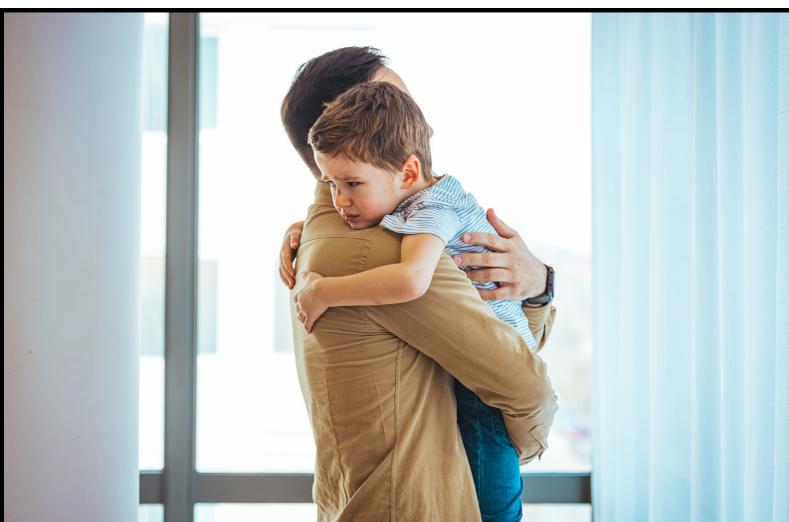


Parenting in the Digital Age

February 8, 2024, 7:00-8:00pm + 1/2 hour Q&A

Parenting in an era of rapid technological advancements has taken on a whole new dimension! Screens have become an integral part of our lives, serving as lifelines for learning, communication, and connection. Finding the delicate balance between embracing the benefits of technology and fostering real-world experiences can feel daunting. In this workshop, you will gain some practical tips and strategies for fostering a balanced approach to screen time, ensuring that technology enhances, rather than hinders, your child's overall well-being.

Registration Required: <https://bit.ly/3NALUDM>



Calming the Storm: Coregulation Strategies for your Child

February 13, 2024, 7:00-8:00pm + 1/2 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.

Registration Required: <https://bit.ly/3GQmE92>



Recharge, Reset or Revitalize your Relationship

February 20, 2024, 7:00-8:00pm + 1/2 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.

Registration Required: <https://bit.ly/3tojOEX>



Taming the Dragon: Anger and Stress Management

February 29, 2024, 7:00-8:00pm + 1/2 hour Q&A

Many people are feeling stressed and overwhelmed these days. Children may show this through anger or acting out. Parents may feel exhausted or more short-tempered. We'll discuss anger and stress management strategies for both parents and children to help us all manage these difficult emotions. You'll also learn to recognize your own anger triggers and how to release anger safely so you can lead by example. We'll also discuss "damage control" solutions both adults and children can use when we've lost our cool.

Registration Required: <https://bit.ly/3GNJmP5>

For more information or to register, please contact



info@dpsn.ca



519-940-8678

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