

Online!

# December Workshops

## Fall 2021



### Positive Relationships in Families:

#### Stop the Squabbles and Keep the Peace

**Wednesday, December 1, 7:00–8:00 p.m. + ½ hour Q&A**

Do you wish your family members got along better and that everyone had each other's backs? We'll look at some of the reasons behind conflicts within the family, whether they're between parents, siblings or parents and children. Then we'll focus on resolving and reducing them by building positive relationships skills, such as communication, empathy, and team-building. You'll leave with strategies for improving your skills—and encouraging family members to do the same—to strengthen family bonds and create a happier, more peaceful home.

**To register:** <https://bit.ly/DPSNrelF21>

### Positive Parenting from Separate Homes

**Thursday, December 9, 7:00–9:00 p.m.**

Worried about the effects of separation, divorce and parenting from two homes on your children? Do you want help managing these changes to ensure that your children do not get caught in the middle of parental conflict? This program can help. You will learn to understand your feelings, your children's needs and develop a business-like relationship with the other parent. You will not be asked to talk about your individual situation because the program is intended to provide general information.

**To register:** <https://bit.ly/DPSNshF21>

### Keeping Calm in Stressful Times:

#### Activities for Parents and Children During the Holidays

**Monday, December 13, 7:00–8:00 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? Do you find it all even harder during the holiday season? This experiential, 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.

**Please note:** This workshop will be hands-on. In order to get the most out of it, please prepare some basic art materials, such as paper, drawing materials (markers, pencil crayons, pastels), and scissors.

**To register:** <https://bit.ly/DPSNkeepF21>



Free.  
Registration  
is required.

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

