

# Online! **March Workshops**

## Winter 2022

### **Relax and Recharge: Strategies for Managing Big Emotions**

**Wednesday March 2, 7:00–8:00 p.m. + ½ hour Q&A**

Join us for a fun art-based adventure in navigating these challenging times. We'll explore aspects of pandemic stress and fatigue, as well as coping strategies to help us and our children manage these big emotions. Participants will get a chance to recharge through relaxing art experientials and cultivate new ways of engaging with the world despite the ongoing uncertainty and chaos.

To register: <https://bit.ly/DPSNrrW22>



### **Taming the Dragon: Stress and Anger Management**

**Thursday, March 10, 7:00–8:00 p.m. + ½ 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 if we've lost our cool.

To register: <https://bit.ly/DPSNangW22>



### **Positive Relationship in Families:**

#### **Stop the Squabbles and Keep the Peace**

**Wednesday, March 23, 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/DPSNrelW22>



### **Siblings Without Rivalry**

**Tuesday, March 29, 7:00–8:00 p.m. + ½ hour Q&A**

Dealing with sibling relationships can be challenging and stressful for parents at the best of times. These days, with all the additional stressors we're facing, it is even more difficult. This workshop can help you reduce the friction between your children and support strong sibling relationships. You'll learn what to do about fighting, new ways to think about "fairness," and how to help your kids resolve conflicts on their own.

To register: <https://bit.ly/DPSNsibW22>



For more information or to register:  
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**Free!**  
Registration  
is required.

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