

FREE Parenting Workshops & Programs in Dufferin County

MARCH 2022



Virtual Feelings After Birth

Tuesdays 1:00–3:00 p.m.

Thursdays 10:00 a.m.–12:00 p.m.

Online

Virtual Filling Your CUP

Fridays 10:30 a.m.–12:00 p.m.

Online

EarlyON Child and Family Centre

tquail@dufferincounty.ca

Ask EarlyON 519-938-0559

<https://www.facebook.com/DufferinEarlyON>



FASD and Aggression in the Home, presented by Lauri Cabral and Rebecca Lovering Spencer

Tue. Mar. 8, 6:30–8:30 p.m.

Online

Dufferin Wellington Guelph Fetal Alcohol Spectrum Disorder

tara.leskey@dcafs.on.ca

519-941-1530 ext. 237

<https://www.dufferinwellingtonfasd.com/>



Online Prenatal and New Parent Program

At your pace. Online.

Wellington-Dufferin-Guelph Public Health

Online.prenatal@wdgpublichealth.ca

1-800-265-7293

<https://wdgpublichealth.ca/clinics-classes/online-prenatal-new-parent-program>



Relax and Recharge: Strategies for Managing Big Emotions

Wed. Mar. 2, 7:00–8:00 p.m.*

Taming the Dragon: Stress and Anger Management

Thu. Mar. 10, 7:00–8:00 p.m.*

Positive Relationships in Families: Stop the Squabbles and Keep the Peace

Wed. Mar. 23, 7:00–8:30 p.m.*

Siblings Without Rivalry

Tue. Mar. 29, 7:00–8:00 p.m.*

* All workshops are online.

Q&A will continue until 8:30 p.m.

Dufferin Parent Support Network

info@dpsn.ca

<https://dpsn.ca/Workshops.html>



THE GROVE
YOUTH WELLNESS HUBS ONTARIO

Introduction to 2SLGBTQI Inclusion: Building Inclusive Communities

Tue. Mar. 29, 7:00–8:30 p.m.

Online: [Registration](#)

The Grove Youth Wellness Hubs

hello@thegrovehubs.ca

<https://www.thegrovehubs.ca/>



Peaceful Families

Tue. Mar. 1–22, 5:00–6:30 p.m.

Online

Family Transition Place

l.knuff@familytransitionplace.ca

519-940-7180 / 519-942-4122, ext. 309

<https://www.familytransitionplace.ca>



Next Steps: We Have the Diagnosis, Now What Do We Do?

Tue. Mar. 1, 9:30–11:30 a.m.

Toilet Training

Tue. Mar. 1, 6:30–8:30 p.m.

Behaviour Basics Part 1

Wed. Mar. 2, 6:30–8:30 p.m.

How to Help Your Child Go to Sleep and Stay Asleep

Tue. Mar. 8, 9:30–11:30 a.m.

Teaching Functional Life Skills

Tue. Mar. 8, 6:30–8:30 p.m.

Introducing Token Systems

Tue. Mar. 22, 9:30–11:30 a.m.

The Caregiver's Journey

Thu. Mar. 24, 6:30–8:30 p.m.

The Nuts and Bolts of Using Visual Supports

Tue. Mar. 29, 6:30–8:30 p.m.

Picky Eaters

Wed. Mar. 30, 9:30–11:30 a.m.

Behaviour Basics (Reinforcement) Part 2

Wed. Mar. 30, 6:30–8:30 p.m.

* All workshops are online.

Dufferin Child and Family Services (DCAFS)

<https://dcafs.on.ca/foundational-family-services>

MyDufferin.ca

dufferincoalitionforkids.ca

