

Online! **October Workshops**

Fall 2021

Taming the Dragon: Anger and Stress Management

Tuesday, October 5, 7:00–8:00 p.m. + ½ hour Q&A

Children, like adults, are feeling the stress of physical distancing and trying to learn from home. They may show it through anger or acting out. Learn how to teach them to manage these difficult emotions. We'll discuss anger and stress management strategies for both parents and children. You'll also learn to recognize your own anger triggers and how to release anger safely so you can lead by example.

To register: <https://bit.ly/DPSNangF21>



Positive Parenting and Discipline Strategies in Difficult Times

Wednesday, October 13, 7:00–8:00 p.m. + ½ hour Q&A

Many children are displaying challenging behaviour right now, from tantrums to shutting down and being uncommunicative. They, like us, are feeling the stress of the current situation. We can be understanding and compassionate while encouraging positive behaviour. This workshop will focus on gentle discipline approaches using effective communication, natural and logical consequences, giving choices, and being fair and consistent.

To register: <https://bit.ly/DPSNuncF21>



Why Is My Child Acting Like This? Understanding and Defusing Challenging Behaviour

Wednesday, October 20, 7:00–8:00 p.m. + ½ hour Q&A

Anxiety has increased for everyone during these uncertain times. For some children, it can interfere with daily functioning and impact their ability to cope. Learn to support your child in developing coping skills and identifying their strengths. A healthy self-esteem can help them deal with frustrations and worries, handle both positive and negative emotions, and take on new tasks.

To register: <https://bit.ly/DPSNskF21>



Calming the Storm: Co-Regulation Strategies for Your Intense or Emotional Child

Wednesday, October 27, 7:00–8:00 p.m. + ½ 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.

To register: <https://bit.ly/DPSNregF21>



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

Free!
Registration
is required.

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