Featured Workshops

Building Blocks for a Healthy Lunch Box

Packing a healthy lunch box helps our children learn, play, grow and focus but this is easier said than done. School mornings are busy, and how do we even know what are healthy items to pack anymore? Come to this session to get the facts, ease your mind and walk away with some helpful strategies on how to build delicious and nutritious lunches that your child will actually enjoy and eat.

Thursday, October 3, from 7:00 to 9:00 p.m.
Princess Margaret Public School, 51 Wellington Street

Positive Parenting After Separation

Worried about the effects of separation on your children? Whether you are newly separated or considering separation, this workshop can help. Learn to understand your feelings, your children's needs, and how to develop a business-like relationship with the other parent. This workshop provides detailed information about the legal process, parent agreements, and community resources. We will also discuss safety, boundary setting, and conflict resolution. You will not be asked to talk about your individual situation as the program is intended to provide general information.

Wednesday, October 9, from 6:30–9:30p.m.
Georgian College, 22 Centennial Road, Room 105

Slowing Down: Self-Care for Parents —An Art-Based Workshop.

In our busy lives, we can feel like we're always on the go or tending to the needs of others—caring for our children, getting to appointments, spending time with our partners and our jobs, packing lunches, family (and the list can go on). We forget to be gentle with ourselves and take the time we need to intentionally self-care to recharge and prevent burnout. In this art-based workshop, we will focus on our existing strengths, explore how we can nurture ourselves first so that we can feel more present with others while engaging in the therapeutic benefits of art-making.

Tuesday, October 22, from 6:30 to 8:30 p.m.
Princess Margaret Public School, 51 Wellington Street

Free!
Registration is required.

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

Dufferin PARENT Support NETWORK

655 Riddell Road, Orangeville, ON L9W 4Z5 Tel 519-940-8678 E-mail: info@dpsn.ca WWW.DPSN.CA