



## FREE Parenting Workshops — Winter 2020

All families have strengths and all families have challenges.

All Dufferin Parent Support Network (DPSN) workshops are free of charge and open to men, women and couples. **Registration is required.** For more information, or to register for a workshop, contact us at [info@dpsn.ca](mailto:info@dpsn.ca) or 519-940-8678. [www.dpsn.ca](http://www.dpsn.ca)



### A note about inclement weather...

The safety of workshop participants and facilitators is important to us. Evening workshops will be cancelled if schools are closed. DPSN will contact registered participants and will post cancellations on our website ([www.dpsn.ca](http://www.dpsn.ca)) and on our outgoing voice mail message.

### Parenting is full of questions.

*How can I get my kids to listen to me?  
My children fight all the time. How should I respond?  
Should I praise or should I encourage my children?  
I found out my teenager has been drinking. What do I do?  
My child seems angry a lot. How can I help?*

### We can help you find the answers.

Our workshops are safe places to learn and build on existing skills.



Help us provide workshops for another 20 years.

Your gift —in any amount— is priceless.

Can you support us with \$20 for 20 years of support?

[www.dpsn.ca/donate.html](http://www.dpsn.ca/donate.html)



### Monday Evenings

#### Positive Parenting After Separation

February 10 (1 part), 6:30–9:30 p.m.  
**Georgian College, 22 Centennial Road, Rm 105, Orangeville**  
Are you 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 because the program is intended to provide general information.

#### Attitude Adjustment: Understanding Challenging Behaviour

February 24 AND March 2 (2 parts), 7–9 PM  
**Parkinson Centennial Public School, 120 Lawrence Avenue**  
Children don't do things just to push our buttons. We'll take a look at the goals of both positive and negative behaviour to reveal the hidden messages and reasons behind our children's actions. We'll also take a look at the role personality and temperament play. When we understand why children behave the way they do, our responses can lead to solutions.

#### Positive Communication to End Power Struggles and Encourage Cooperation

March 30 (1 part), 7:00 to 9:00 p.m.  
**Princess Margaret Public School, 51 Wellington Street**  
Ever wish your children would just listen to you and do what you ask? Learn strategies to get them to cooperate—even when they don't want to. Break the power struggle cycle and really engage with your children through positive communication techniques.

### Wednesday Evenings

#### Surviving Thriving in the Tween/Teen Years

March 4 (1 evening), 7:00 to 9:00 p.m.  
**Princess Elizabeth Public School, 51 Elizabeth Street**  
Many parents dread the teen years and worry that they will no longer be an influence in their children's lives. It doesn't have to be like that. Learn tips and effective parenting skills. Develop good communication, conflict-resolution and problem-solving skills to ensure a stronger bond with your child and smooth the journey through these rocky years.

### Thursday Evenings

#### Siblings Without Rivalry

February 27 (1 part), 7–9PM  
**Princess Margaret Public School, 120 Lawrence Avenue**  
Dealing with sibling rivalry can be challenging and stressful for parents. 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.

Find our up-to-date schedule  
[www.dpsn.ca](http://www.dpsn.ca)

### Coming this spring...

- The Anger Game: Help You and Your Child Manage Anger
- Help Your Child Manage Anxiety and Foster Self-Esteem
- Skills for Challenging Behaviours
- Manage Mealtime Madness
- Supporting Your Child to Manage BIG Emotions
- Why Won't They Listen?
- Recognizing and Supporting Your Child's Special Needs
- and more!



## What's in it for me?

### *Why should I take a parenting workshop?*

**Build Your Skills.** Parenting is often acknowledged as being the toughest job in the world. It's also the one we are least prepared for and the one we accept the least training for. Most of us wouldn't question taking professional development courses for our jobs. Well, that's what parenting workshops are: parenting development courses. You take them for the same reasons—to build confidence and skills, to share ideas and resources, and to network with other parents.

**Build Your Toolbox.** What worked for your first child might not work for your second. What worked today might not work tomorrow. Parenting workshops offer you choices of effective parenting strategies you can try with your children. The more choices we have, the less likely we are to resort to yelling at our kids or lashing out at them.

**Build Your Relationship with Your Child.** Nurturing your relationship with your child is the most important investment you can make. Our workshops focus on understanding your child's behaviour so that you are better able to respond appropriately and effectively. They foster stronger relationships through communication skills, mutual respect, and cooperation.



### **We were there when Sandra needed us most.**

*I was struggling as a person and as a parent through many roadblocks, including lessons my parents were not able to teach me, such as structure and consistency. I spent two years working with many organizations in Orangeville to gather these skills. DPSN gave me a set of skills no one else was teaching. Hard, tangible how-to skills that I could apply and put into practice that night when I went home. I believe in the value of those with lived experience guiding parents through material as well, not just social workers, because when you're looking through parenting from an economic lens, a lot of social workers have a "righting reflex"—meaning, if you do this my way, you will be successful—rather than meeting parents where they are.*

*Some of the programming even helped me come to some realizations about my own upbringing. If you can't acknowledge, work through and come to acceptance about your own parentage and raising, how are you to go forward to create a new, effective and compassionate upbringing and life for your children? Thank you to DPSN for creating a positive judgement-free learning environment for parents to become the best parents they can be.*

### **Tell us your story.**

The numbers don't explain the value of DPSN. Our families do.

Did a workshop or special presentation help you or your family through a challenging time? Did we help you improve your communication and relationship with your children? Please share your story with us.