

Online!

Late March Workshops

Winter 2021

Why Won't My Child Eat? Strategies for Picky Eaters and Other Mealtime Miseries

Thursday, March 18, 7:00–8:00 p.m. + ½ hour Q&A

Is mealtime becoming a battleground? Challenges with picky eaters and concerns about proper nutrition can add stress to our family dinners.

Join Jacalyn Dryland, registered Dietitian as she shares her expert insight and offers tips to happy and healthy mealtimes. Discover age-appropriate and fun ways to include your kids in family meals, strategies for picky eaters, and important nutrients and their food sources for growing minds and bodies. Lessen the stress of mealtimes and enjoy the many benefits of the family table.

To register: <https://bit.ly/DPSNmealW21>

DPSN's 2021 winter workshops are made possible through the generous support of the Government of Canada's Emergency Community Support Fund and the Dufferin Community Foundation.



Staying Cool and Connected with Your Tweens and Teens

Tuesday, March 23, 7:00–8:00 p.m. + ½ hour Q&A

Teens and tweens are struggling through the pandemic. They may respond to social-distance measures with anger or by shutting themselves off. We'll explore strategies for connecting with them. Develop effective communication, conflict-resolution, and problem-solving skills to ensure a stronger bond with your child and smooth the journey through this difficult time and through these rocky years.

To register: <https://bit.ly/DPSNpttW21>



Supporting Your Tweens/Teens Through Tough Times

Wednesday, March 31, 7:30–8:30 p.m. + ½ hour Q&A

The pandemic has been hard on all of us, but tweens and teens are especially vulnerable. The lockdown measures and social isolation have been linked to depression and anxiety. This arts-based workshop will explore ideas for supporting your teen or tween during these unprecedented times, as well as ways to find moments to connect with ourselves and others.

To register: <https://bit.ly/DPSNtufW21>



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

Free!
Registration
is required.

