

Online!

February Workshops

Winter 2023



Help Your Child Manage Anxiety and Foster Self-Esteem

Thursday, February 2, 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.

Facilitator: Lynne Fadden, Registered Psychotherapist with the College of Psychotherapy

To register: <https://bit.ly/DPSNanxW23>



Positive Parenting After Separation

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

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.

Facilitator: Nichole MacPherson, Behaviour Consultant

To register: <https://bit.ly/DPSNposW23>



Goals of Behaviour: Turning Negative Behaviours into Positive Ones

Thursday, February 16, 7:00–8:00 p.m. + ½ hour Q&A

Children's behaviour—both positive and negative—is a form of communication. They are telling us what they need. When we learn to listen to and understand the goals of our children's behaviour, we can respond to their needs rather than reacting to their challenging behaviour. We can then help them learn positive ways to communicate their needs.

Facilitator: Kolleen Sykes, Parent Educator

To register: <https://bit.ly/DPSNgoalW23>

Save the Dates! Details coming soon.

Why Can't We Just Get Along? Reduce Conflict and Build Stronger Family Connections—Tuesday, February 21

Understanding Our Unique Temperaments: Strategies to Reduce Frustration and Improve "Goodness of Fit"—

Tuesday, February 28

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

Free!
Registration
Is required.

