

Online! March Workshops

Winter 2023

Taming the Dragon: Anger and Stress Management

Thursday, March 9, 7:00–8:00 p.m. + ½ hour Q&A

Many people are feeling stressed and overwhelmed these days. Children may show this through anger or acting out. Parents may feel exhausted or more short-tempered. We'll discuss anger and stress management strategies for both parents and children to help us all manage these difficult emotions. You'll also learn to recognize your own anger triggers and how to release anger safely so you can lead by example. We'll also discuss "damage control" solutions both adults and children can use when we've lost our cool.

Facilitator: Nichole MacPherson, Behaviour Consultant

To register: <https://bit.ly/DPSNangW23>

Cooperative Co-Parenting Through Separation and Divorce

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

When parents separate, they become co-parents and must work toward the benefit of the children. In this workshop, you'll learn how divorce can impact you and your children and how to work with the co-parent in a cooperative way. We'll explore ways to deal with the emotions of separation and divorce and work in the best interest of your children. Topics will explore effectively communicating with your ex-spouse, basic parenting skills, anger management, conflict management and encourage families to work together toward supporting your children together.

Facilitator: Lynn Hand, Parent Educator

To register: <https://bit.ly/DPSNco-pW23>

Kids, Stress and Fostering Resilience

Tuesday, March 28, 7:00–8:00 p.m. + ½ hour Q&A

Children and youth are suffering from stress-related issues as never before. We'll look at some of both short- and long-term causes of stress, including the effects of the pandemic on children's coping skills, and learn to recognize the physical, mental and emotional signs of stress. We'll also explore strategies for helping our children identify their stressors, learn to manage their stress and help foster their resiliency.

Facilitator: Kolleen Sykes, Parent Educator

To register: <https://bit.ly/DPSNksrW23>



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

Free!
Registration
is required.

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