

JANUARY 2024

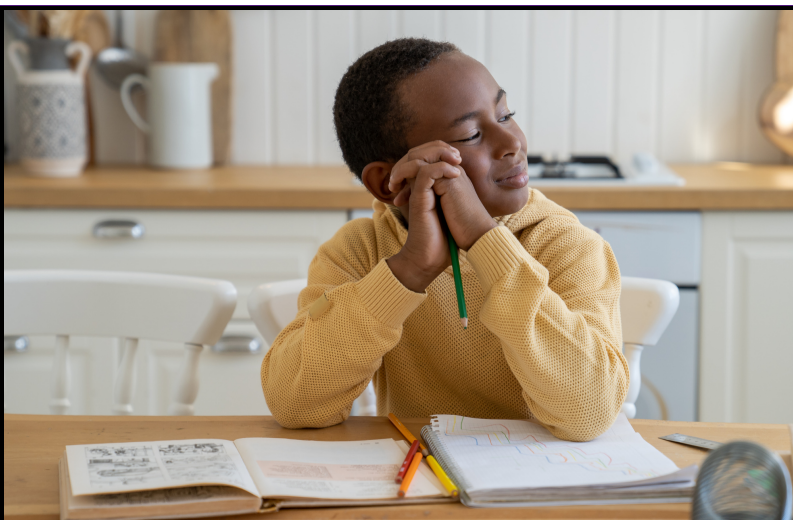


Goals Of Behaviour: Turning Negative Behaviours into Positive Ones

January 24, 2024, 7:00-8:00pm + 1/2 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.

Registration Required: <https://bit.ly/4792qBQ>



The Art of Distraction: Help Your Child with ADHD Thrive

January 31, 2024, 7:00-8:00pm + 1/2 hour Q&A

Curious about ADHD or already dealing with a diagnosis? This workshop delves into the challenges children with ADHD experience at home, school, and in the community, while offering insights into its symptoms and impact on children. Explore practical ways to manage impulsivity, enhance focus, and build positive relationships. Gain effective strategies and understanding to help make parenting a child with challenging behaviors and ADHD a little easier.

Registration Required: <https://bit.ly/41tCHD2>



Parenting in the Digital Age

February 8, 2024, 7:00-8:00pm + 1/2 hour Q&A

Parenting in an era of rapid technological advancements has taken on a whole new dimension! Screens have become an integral part of our lives, serving as lifelines for learning, communication, and connection. Finding the delicate balance between embracing the benefits of technology and fostering real-world experiences can feel daunting. In this workshop, you will gain some practical tips and strategies for fostering a balanced approach to screen time, ensuring that technology enhances, rather than hinders, your child's overall well-being.

Registration Required: <https://bit.ly/3NALUDM>

For more information or to register, please contact



info@dpsn.ca



519-940-8678

**Want to make sure you don't miss an upcoming workshop?
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