



# FREE Parenting Workshops —April 2019

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)



Parenting is full of questions.  
We can help you find the answers.

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

## Workshops by Topic

### General Parenting Topics:

- Discipline that Works—Without Yelling (Mon.)
- Supporting Your Child to Manage Big Emotions (Tues)
- Attitude Adjustment: Understanding Challenging Behaviour (Weds)
- Calm and Focused—Staying in the Zone (Thurs)

### Special Needs

- Parenting Your Child with Autism Spectrum Disorder (Tues.)
- Calm and Focused—Staying in the Zone (Thurs)

### Challenging Behaviour

- Discipline that Works—Without Yelling (Mon.)
- Supporting Your Child to Manage Big Emotions (Tues)
- Attitude Adjustment: Understanding Challenging Behaviour (Weds)
- Calm and Focused—Staying in the Zone (Thurs)

### Mental Health

- Help Your Child Manage Anxiety and Foster Self-Esteem (Mon.)
- Supporting Your Child to Manage Big Emotions (Tues)
- Calm and Focused—Staying in the Zone (Thurs)

DUFFERIN COUNTY CHILDREN'S SERVICES PRESENTS:

## Self-Regulation, Mental Health and Creating a Culture of Safety

with Dr. Susan Hopkins, the Mehrit Centre

Thursday, April 4

two sessions: 2:00 and 7:00 p.m.

Monora Park Pavillion, 500 Monora Park Drive

<http://bit.ly/2EfgyhL>

## Monday Evenings

### Help Your Child Manage Anxiety and Foster Self-Esteem

April 1—7:00 to 9:00 p.m. (1 evening)

Princess Margaret Public School, 51 Wellington Street

All children experience worry. It can interfere with daily functioning and impact their ability to cope. Learn to identify causes and symptoms while supporting 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.

### Discipline that Works—Without Yelling

April 29 and May 6—7:00 to 9:00 p.m. (2 parts)

Parkinson Centennial Public School—120 Lawrence Ave.

Are you tired of yelling and nagging at your children to get them to cooperate? Learn positive constructive ways to encourage cooperation, respect and good communication. We'll explore the reasons behind your child's behaviour, differences between discipline and punishment, consequences, and your long-term goals for your children.

## Tuesday Evenings

### Parenting Your Child with Autism

April 9—6:30 to 8:30 p.m. (1 evening)

Princess Margaret Public School, 51 Wellington Street

Parenting children can be a difficult task, and when your child has an Autism Spectrum Disorder diagnosis, it becomes even more complex. This workshop will explore how to adapt your parenting style, better understand "misbehaviour," and how to best support your child with an ASD diagnosis. *In partnership with Kerry's Place Autism Services.*

### Supporting Your Child to Manage BIG Emotions

April 30—6:30 to 8:30 p.m. (1 evening)

Princess Margaret Public School, 51 Wellington Street

Are you struggling with how to respond to and support your children in managing their BIG emotions, such as anger and anxiety? This hands-on expressive arts workshop will explore ideas for supporting your child with big emotions, ways to build self-esteem and how this impacts the regulation of emotion, and recognizing and reflecting on your strengths as a parent.

## Wednesday Evenings

### Attitude Adjustment: Understanding Challenging Behaviour

April 17 and 24 (2 parts), 7–9 PM

Parkinson Centennial Public School—120 Lawrence Ave.

Children don't do things just to drive you crazy. 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 personality and temperament. When we understand why children behave the way they do, our responses can lead to solutions.

## Thursday Evenings

### Calm and Focused—Staying in the Zone

April 11—7:00 to 8:30 p.m. (1 evening)

Georgian College, 22 Centennial Road, Room 105

Does your child struggle with staying focused and "in the zone"? Learn tips from an Occupational Therapist for adapting the environment, designing sensory-motor activities for calming, and developing strategies to support a child's ability to stay focused and organized.

Find our up-to-date schedule

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

### Coming in May...

- Parenting on the Same Page
- Positive Parenting from Separate Homes
- ~~Surviving~~ Thriving in the Teen/Tween Years
- Communication Skills
- Managing Screen Time
- Understanding a New Autism Spectrum Disorder Diagnosis



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