



# FREE Parenting Workshops — November 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)



## Workshops by Topic

### General Parenting Topics:

- Parenting on the Same Page (Mon.)
- Discipline that Works—Without Yelling (Weds.)
- Siblings without Rivalry (Thurs.)
- Mealtime Madness: Tips and Ideas for Busy Families (Tues.)
- Positive Communication to End Power Struggles and Encourage Cooperation (Weds.)
- Raising Resilient Children (Weds.)

### Special Needs

- Calming the Storm: Self-Regulation Strategies for Your Intense or Emotional Child (Mon.)

### Challenging Behaviour

- Discipline that Works—Without Yelling (Weds.)
- Positive Communication to End Power Struggles and Encourage Cooperation (Weds.)
- Calming the Storm: Self-Regulation Strategies for Your Intense or Emotional Child (Mon.)

### Mental Health

- Raising Resilient Children (Weds.)
- Supporting Your Child to Manage BIG Emotions (Tues.)

## Monday Evenings

### Parenting on the Same Page

October 28—7:00–9:00 p.m. (1 evening)

**Parkinson Centennial Public School—120 Lawrence Avenue**

What if you and your parenting partner don't parent the same? Different parenting and discipline styles can create stress, conflict and anxiety. It's not necessarily these differences that are the issue, but how we navigate them can be a real game changer. We'll explore ways to work toward consistency while also respecting the strengths of different approaches.

### Calming the Storm: Self-Regulation Strategies for Your Intense or Emotional Child

November 18—7:00 to 9:00 p.m.

**Parkinson Centennial Public School, 120 Lawrence Avenue**

Does your child have frequent tantrums or meltdowns or display other challenging behaviours? Learn positive strategies for managing these difficult moments while supporting your child in developing self-regulation. We'll also discuss ways to improve communication and set limits while building connections and strengthening your relationship with your child.

## Parenting is full of questions.

*How can I get my kids to listen to me?*

*My children fight all the time. How should I respond?*

*Should I praise or should I encourage my children?*

*I found out my teenager has been drinking. What do I do?*

*My child seems angry a lot. How can I help?*

## We can help you find the answers.

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

## Tuesday Evenings

### Mealtime Madness: Tips and Ideas for Busy Families

November 12—7:00 to 9:00 p.m. (1 evening)

**Princess Margaret Public School, 51 Wellington Street**

How can on-the-go families balance busy schedules without drive-thrus or processed/convenience foods? We'll explore simple healthy meal ideas that your family will love, including strategies to encourage picky eaters to try a variety of choices and develop a good relationship with food. We'll also discuss ways to get kids involved with family meals and steps you can take to make meal preparation and family meals enjoyable.

### Supporting Your Child to Manage BIG Emotions

November 26—6:30–8:30 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.



Find our up-to-date schedule  
[www.dpsn.ca](http://www.dpsn.ca)



Follow DPSN on Facebook!

## Wednesday Evenings

### Discipline that Works—Without Yelling

October 30 and November 6—7:00 to 9:00 p.m. (2 parts)

**Princess Margaret Public School, 51 Wellington Street**

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.

### Positive Communication to End Power Struggles and Encourage Cooperation

November 13—7:00 to 9:00 p.m. (1 evening)

**Parkinson Centennial Public School, 120 Lawrence Avenue**

Ever wish your children would just listen to you and do what you ask? Learn strategies to get them to cooperate—even when they don't want to. Break the power struggle cycle and really engage with your children through positive communication techniques.

### Raising Resilient Children

November 20—7:00 to 9:00 p.m. (1 evening)

**Parkinson Centennial Public School, 120 Lawrence Avenue**

Resilient children don't avoid challenges or escape failure. They still experience heartbreak, conflict and uncertainty. What sets resilient children apart from their peers is that they have the skills to help them manage anxiety and feel calm and confident instead of stressed. Join us for a facilitated discussion on how you can help your child become more resilient.

## Thursday Evenings

### Siblings Without Rivalry

November 7—7:00 to 9:00 p.m. (1 evening)

**Parkinson Centennial Public School, 120 Lawrence Avenue**

Dealing with sibling rivalry can be challenging and stressful for parents. This workshop can help you reduce the friction between your children and support strong sibling relationships. You'll learn what to do about fighting, new ways to think about "fairness," and how to help your kids resolve conflicts on their own.