



FREE Parenting Workshops —October 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 or 519-940-8678. www.dpsn.ca



Workshops by Topic

General Parenting Topics:

- Building Blocks for a Healthy Lunch Box (Thurs.)
- ~~Surviving~~ Thriving in the Teen/Tween Years (Thurs.)
- Slowing Down: Self-Care for Parents (Tues)
- Parenting on the Same Page (Mon.)
- Discipline that Works—Without Yelling (Weds.)

Special Needs

- Recognizing and Supporting Your Child's Special Needs (Weds.)

Challenging Behaviour

- Discipline that Works—Without Yelling (Weds.)

Mental Health

- Slowing Down: Self-Care for Parents (Tues)
- Help Your Child Manage Anxiety and Foster Self-Esteem (Thurs.)

Separation and Divorce

- Positive Parenting After Separation (Weds.)

Monday Evenings

Parenting on the Same Page

October 28—7:00 to 9:00 p.m.

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.

Tuesday Evenings

Slowing Down: Self-Care for Parents —An Art-Based Workshop.

October 22—6:30 to 8:30 p.m. (1 evening)

Princess Margaret Public School, 51 Wellington Street

In our busy lives, we can feel like we're always on the go or tending to the needs of others—caring for our children, getting to appointments, spending time with our partners and our jobs, packing lunches, family (and the list can go on). We forget to be gentle with ourselves and take the time we need to intentionally self-care to recharge and prevent burnout. In this art-based workshop, we will focus on our existing strengths, explore how we can nurture ourselves first so that we can feel more present with others while engaging in the therapeutic benefits of art-making.

Parenting is full of questions.

We can help you find the answers.

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

Wednesday Evenings

Positive Parenting After Separation

October 9—6:30–9:30 p.m. (1 evening)

Georgian College, 22 Centennial Road, Room 105

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.

Recognizing and Supporting Your Child's Special Needs

October 16—7:00 to 9:00 p.m. (1 evening)

Parkinson Centennial Public School, 120 Lawrence Avenue

Do you wonder if your child might have special needs and abilities? Has your child been recently assessed? This workshop can help you navigate the system. We'll discuss the behaviours that might indicate a special need, the process of assessment and various options, as well as an overview of different development and mental health diagnoses. In addition, we'll look at the different services and supports available.

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.

Thursday Evenings

Building Blocks for a Healthy Lunch Box

October 3—7:00 to 9:00 p.m. (1 evening)

Princess Margaret Public School, 51 Wellington Street

Packing a healthy lunch box helps our children learn, play, grow and focus but this is easier said than done. School mornings are busy, and how do we even know what are healthy items to pack anymore? Come to this session to get the facts, ease your mind and walk away with some helpful strategies on how to build delicious and nutritious lunches that your child will actually enjoy and eat.

Surviving Thriving in the Tween/Teen Years

October 17—7:00 to 9:00 p.m. (1 evening)

Princess Elizabeth Public School, 51 Elizabeth Street

Many parents dread the teen years and worry that they will no longer be an influence in their children's lives. It doesn't have to be like that. Learn tips and effective parenting skills. Develop good communication, conflict-resolution and problem-solving skills to ensure a stronger bond with your child and smooth the journey through these rocky years.

Help Your Child Manage Anxiety and Foster Self-Esteem

October 24—7:00 to 9:00 p.m. (1 evening)

Parkinson Centennial Public School, 120 Lawrence Avenue

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.

Find our up-to-date schedule

www.dpsn.ca

Coming in November...

- Manage Mealtime Madness
- Siblings without Rivalry
- Raising Resilient Children
- Positive Communication to End Power Struggles and Engage Cooperation
- Supporting Your Child to Manage *BIG* Emotions
- Calming the Storm: Self-Regulation for Your Intense or Emotional Child



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