



FREE Parenting Workshops — March/April 2018

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

Relationships

- The Anger Game: Help You and Your Child Manage Anger (Mon)
- How to Talk so Your Spouse (and Kids) Will Listen: Effective Communication for Stronger Relationships (Weds)

General Parenting Topics:

- The Anger Game: Help You and Your Child Manage Anger (Mon)
- How to Talk so Your Spouse (and Kids) Will Listen: Effective Communication for Stronger Relationships (Weds)

Special Needs

- Introduction to Autism Spectrum Disorders (ASD) (Tues)
- Calm, Cool and Collected: Strategies to Help Your Child Get in the “Just Right” Zone (Tues)

Challenging Behaviour

- The Anger Game: Help You and Your Child Manage Anger (Mon)
- Calm, Cool and Collected: Strategies to Help Your Child Get in the “Just Right” Zone (Tues)
- Parenting Your School-Aged Spirited Child (Weds)

Mental Health

- Help Your Child Manage Anxiety and Foster Self-Esteem (Mon.)

Parenting Teens and Tweens

- ~~Surviving~~ Thriving in the Teen/Tween Years (Tues)
- The Anger Game: Help You and Your Child Manage Anger (Mon)
- How to Talk so Your Spouse (and Kids) Will Listen: Effective Communication for Stronger Relationships (Weds)

SPECIAL SPEAKER:

Thursday, May 17, 7 PM

**Drop the Worry Ball:
Parenting in the Age of Entitlement**
With Dr. Alex Russell

Want your children to be more independent and resilient?
Let them make mistakes and learn from them.



Follow DPSN on Facebook!

Monday Evenings

Help Your Child Manage Anxiety and Foster Self-Esteem

April 9—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.

The Anger Game:

Help You and Your Child Manage Anger

April 16 and 23—7:00–9:00 p.m. (2 evenings)

Parkinson Centennial Public School—120 Lawrence Ave.

Is your child angry or acting out? This workshop will help you teach your children how to manage their emotional responses. We’ll examine coping strategies for anger and stress management for both parents and children. You’ll also learn to recognize your own anger triggers and how to release anger safely so you can lead by example.

Tuesday Evenings

Surviving Thriving in the Teen/Tween Years

Tuesdays, March 20 and 27—7:00–9:00 p.m. (2 evenings)

Princess Margaret Public School—51 Wellington 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. Developing good communication, conflict-resolution and problem-solving skills will ensure a stronger bond with your child and help smooth the journey through these rocky years. Learn tips and effective parenting skills in this two-part workshop.

Introduction to Autism Spectrum Disorders (ASD)

April 10—6:30 to 8:30 p.m. (1 evening)

Princess Margaret Public School, 51 Wellington Street

This session is designed to help parents, friends, and family gain an increased understanding of autism spectrum disorders. This workshop will provide an overview of ASD, with an emphasis on practical support strategies. *In partnership with Kerry’s Place Autism Services.*

Tuesday Evenings (cont’d)

Calm, Cool and Collected: Strategies to Help Your Child Get in the “Just Right” Zone

April 24—6:30 to 8:30 p.m. (1 evening)

Location: Georgian College, 22 Centennial Road

Does your child struggle with managing emotions, frequent meltdowns or impulse control? Is he or she inflexible or easily distracted? Sensory motor strategies are one way to promote better behavioural and emotional regulation and can help your child feel calm, focused, and in the “just right” zone. An occupational therapist will share activities and resources and answer questions about developing self-regulation.

Wednesday Evenings

How to Talk so Your Spouse (and Kids) Will Hear You: Effective Communication for Stronger Relationships

March 28, April 4 and 11—7:00 to 9:00 p.m. (3 evenings)

Parkinson Centennial Public School, 120 Lawrence Ave.

Communication is the key to positive, respectful relationships. In this workshop, we will explore different communication approaches with our children, spouses and others, effective speaking and listening skills and strategies, and the language of encouragement.

Raising Your Spirited School-Aged Child

April 25, May 2 and 9—7:00 to 9:00 p.m. (3 evenings)

Princess Margaret Public School—51 Wellington Street

Is your child “more”—energetic, intense, persistent, perceptive or uncomfortable with change? Learn to better understand your spirited child, focus on strengths, and develop strategies for challenging situations.

Find our up-to-date schedule

www.dpsn.ca

Coming in May...

- Discipline that Works—Without Yelling
- Help Your Child Overcome Self-Harm
- Developing Executive Functioning Skills for Kids on the Autism Spectrum
- Cooperative Co-Parenting

DUFFERIN PARENT SUPPORT NETWORK

presents

Drop the Worry Ball

Parenting in the Age of Entitlement

featuring Dr. Alex Russell

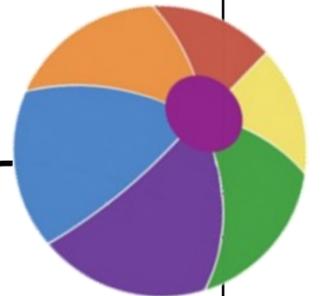
Want your children to be more resilient and independent?

Let them make mistakes and learn from them. Children learn through the experience of non-catastrophic, painful failure, and it is through the process of these failures that they mature into resilient, resourceful, and emotionally balanced individuals.

Learn to:

- Stop doing all the worrying—and let your kids do some
- Embrace failing (team tryouts, tests) as part of learning, and not something parents have done wrong
- Resist social pressures to over-parent
- Build relationships with teachers and other outside authorities
- Understand parent-child dynamics—and how children learn to get parents to do too much for them

Free admission!
Donations appreciated.



Thursday, May 17, 2018 at 7:00 p.m.

Westside Secondary School
300 Alder Street, Orangeville



Dr. Alex Russell is a clinical psychologist who lives and works in Toronto. He provides assessments and psychotherapy to children and adults, in addition to consulting with schools, teachers and psychologists.

Dr. Russell has addressed many parent and counsellor groups over the years. He is intimately familiar with the culture of the school system and the relationship that parents, teachers and counsellors share with regard to the children we are raising.

