

Online!

December Workshops



Anger and Stress Management

Wednesday, December 2, 7:00–8:00 p.m. + ½ hour Q&A

Children, like adults, are feeling the stress of physical distancing and ever-changing school routines. They may show it through anger or acting out.

Learn how to teach them to manage these difficult emotions. We'll discuss anger and stress management strategies 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.

To register: <https://bit.ly/35LaQSh>



Skills for Diffusing Challenging Behaviour

Wednesday, December 9, 7:00–8:00 p.m. + ½ hour Q&A

Is your child testing boundaries and your patience by talking back, lashing out or displaying other challenging behaviour? As children grow, they explore increased independence, as well as increased responsibilities. This can lead to challenging moments for both parents and children. Learn more about how to respond to challenging behaviours and how to support your child's development of self-control and self-regulation.

To register: <https://bit.ly/3kRoPME>



Supporting Your Child to Manage *BIG* Emotions

Thursday, December 17, 7:00–8:00 p.m. + ½ hour Q&A

Are you struggling with how to respond to and support your children in managing their *BIG* emotions, such as anger and anxiety? This arts-based 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. Please note: This workshop will be hands-on. In order to get the most out of it, please prepare some basic art materials, such as paper, drawing materials (markers, pencil crayons, pastels), and scissors

To register: <https://bit.ly/3e6Z8oY>

For more information or to register, please contact:
DPSN at 519-940-8678 or info@dpsn.ca

Free!
Registration
Is required.

