

Free Parenting Workshops & Programs in Dufferin County

Fall 2020

Please contact the hosting agency ahead of time for program details and registration.

October

- A** Oct 21 ~ **Positive Parenting and Discipline Strategies in Difficult Times ~ Online** (7:00–8:00 p.m. + ½-hour Q&A)
- F** Oct 27 ~ **Caregiver Nonviolent Crisis Intervention (NVC-CPI) ~ Webinar** (6:30–10:00 p.m.)
- F** Oct 27 ~ **Introduction to Autism Spectrum Disorder ~ Online** (7:00–9:00 p.m.)
- D** Oct 28 ~ **A Caregiver's Journey Workshop ~ Online** (6:30–8:30 p.m.)
- Oct 28 ~ **Attitude Adjustment: Understanding Your Child's Challenging Behaviour ~ Online** (7:00–8:00 p.m. + ½-hour Q&A)

November

- D** Nov 3 ~ **Dialectical Behaviour Therapy Family Skills Group ~ Online** (6:00–8:00 p.m.)
- E** Nov 3 ~ **FASD Learning Series: Supporting Children with FASD in the School System ~ Online** (6:30–8:30 p.m.)
- A** Nov 4 ~ **Recognizing and Supporting Your Child's Special Needs ~ Online** (7:00–8:00 p.m. + ½-hour Q&A)
- F** Nov 7 ~ **Introduction to Autism Spectrum Disorder ~ Webinar** (10:00 a.m.–1:00 p.m.)
- D** Nov 11 ~ **A Caregiver's Journey Workshop ~ Online** (9:30–11:30 a.m.)
- A** Nov 12 ~ **Help Your Child Manage Anxiety and Foster Self-Esteem ~ Online** (7:00–8:00 p.m. + ½-hour Q&A)
- F** Nov 18 ~ **Caregiver Nonviolent Crisis Intervention (NVC-CPI) ~ Webinar** (6:30–10:00 p.m.)
- A** Nov 18 ~ **Positive Communication in Difficult Times ~ Online** (7:00–8:00 p.m. + ½-hour Q&A)
- A** Nov 24 ~ **Strengthening Your Stepfamily ~ Online** (7:00–8:00 p.m.)
- D** Nov 25 ~ **A Caregiver's Journey Workshop ~ Online** (6:30–8:30 p.m.)
- F** Nov 26 ~ **Introduction to Autism Spectrum Disorder ~ Webinar** (10:00 a.m.–1:00 p.m.)

December

- E** Dec 1 ~ **FASD Learning Series: Speech Language Pathology and FASD ~ Online** (6:30–8:30 p.m.)
- D** Dec 2 ~ **A Caregiver's Journey Workshop ~ Online** (9:30–11:30 a.m.)
- A** Dec 2 ~ **Anger and Stress Management ~ Online** (7:00–8:00 p.m. + ½-hour Q&A)
- A** Dec 9 ~ **Skills for Diffusing Challenging Behaviour ~ Online** (7:00–8:00 p.m. + ½-hour Q&A)
- F** Dec 9 ~ **Introduction to Autism Spectrum Disorder ~ Online** (7:00–9:00 p.m.)
- A** Dec 17 ~ **Supporting Your Child to Manage BIG Emotions ~ Online** (7:00–8:00 p.m.)

Ongoing

- C** Weds. ~ **CUP–Come Understand Parenting ~ Online / Outdoors** (1:00–3:00 p.m.)
- C** Thurs. ~ **FAB–Feelings After Birth ~ Online** (10:00–noon)
- E** Twice monthly ~ **Fetal Alcohol Spectrum Disorder Caregiver Support Group ~ Online** (6:30–8:30 p.m.)
- C** Fri. ~ **FAB–Feelings After Birth ~ Outdoors** (10:00–noon)
- C** Fri. ~ **Filling Your CUP ~ Online / Outdoors** (10:00–noon)
- B** **Prenatal and New Parent Program ~ Online**

- A** **Dufferin Parent Support Network**
www.dpsn.ca / info@dpsn.ca
Wellington-Dufferin-Guelph Public Health
- B** **Let's Talk Parenting: 1-800-265-7293, ext. 3616 /**
www.wdgppublichealth.ca
EarlyON Child and Family Centre–Dufferin
- C** **Ask EarlyON 519-938-0559 for parenting support and for up-to-date schedule of workshops**
- D** **Dufferin Child and Family Services**
www.dcafs.on.ca / 519-941-1530
- E** **Dufferin Wellington Fetal Alcohol Spectrum Disorder**
dufferinwellingtonfasd.com / 519-941-1530, ext. 237
- F** **Kerry's Place Autism Services**
www.kerrysplace.org / 1-833-775-3779

To understand why responding to your children in a loving way matters throughout their lives and makes it a little easier to manage the challenge, contact the DuCK member organizations above or visit

MyDufferin Directory

www.MyDufferin.ca is a website directory of organizations that provide services for parents, children and youth in Dufferin County.

Dufferin Coalition for Kids... Working together to help you be the best parent you can be.



dufferincoalitionforkids.ca