

Online!

Late November Workshops

Fall 2021

The Art of Distraction:

Helping Your Child with ADHD Thrive

Thursday, Nov. 18, 7:00–8:00 p.m. + ½ hour Q&A

Do you wonder if your child has ADHD, or has your child been diagnosed with ADHD? Children with ADHD experience different challenges at home, school and in the community that can be stressful and overwhelming for families. This workshop will provide you with greater knowledge of what ADHD is, its symptoms and signs, and its impact on children. We'll explore common ADHD challenges and share practical ways to manage impulsive behaviours, improve focus and regulation, and build more positive relationships. You'll leave with effective strategies and understanding to help make parenting a child with challenging behaviours and ADHD a little easier.

To register: <https://bit.ly/DPSNadhdF21>



Normalness but not Normalcy:

Adapting Our Parenting During COVID

Monday, Nov. 22, 7:00–8:00 p.m. + ½ hour Q&A

The pandemic has impacted parenting on multiple levels. Our ever-changing daily routines have affected our capacity to parent and respond effectively to challenging moments. Gain a better understanding of how our children's development impacts their emotional responses. We'll also discuss how our reactions influence those of our children and explore alternative ways to respond to encourage their emotional regulation.

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/DPSNnormF21>



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

Free!
Registration
is required.

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