



# FREE Parenting Workshops — March and April 2020

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



Parenting is full of questions.

We can help you find the answers.

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

## Workshops by Topic

### General Parenting Topics:

- Help Your Child Manage Anxiety and Foster Self-Esteem (Mon)
- Skills for Defusing Challenging Behaviour (Tues)
- The Anger Game: Help You and Your Child Manage Anger (Weds)
- Manage Mealtime Madness: Tricks and Tips for Busy Families (Thurs)

### Special Needs

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

### Separation and Divorce

- Positive Parenting After Separation (Thurs)

### Challenging Behaviour

- Skills for Defusing Challenging Behaviour (Tues)
- The Anger Game: Help You and Your Child Manage Anger (Weds)

### Mental Health

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

Find our up-to-date schedule

[www.dpsn.ca](http://www.dpsn.ca)

DUFFERIN COUNTY CHILDREN'S SERVICES PRESENTS:

The "How" in Shanker Self-Reg®  
with Crystal Carbino, the Mehrit Centre

Tuesday, April 14, 6:15–8:15 p.m.

Monora Park Pavilion, 500 Monora Park Drive

<http://bit.ly/self-reg-dufferin>



Follow DPSN on Facebook!

## Monday Evenings

### Help Your Child Manage Anxiety and Foster Self-Esteem

April 20—7:00 to 9:00 p.m. (1 evening)

Parkinson Centennial Public School—120 Lawrence Ave.

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.

Facilitator: Lynne Fadden, Registered Psychotherapist with the College of Psychotherapy

### Recognizing and Supporting Your Child's Special Needs

April 27—7:00 to 9:00 p.m. (1 evening)

Parkinson Centennial Public School—120 Lawrence Ave.

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 and advocate for your child. 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, as well as how to work with the school system.

Facilitator: Nichole MacPherson, Behaviour Consultant

## Tuesday Evenings

### Skills for Defusing Challenging Behaviour

March 31 and April 7—7:00 to 9:00 p.m. (2-part workshop)

Parkinson Centennial Public School—120 Lawrence Ave.

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.

Facilitator: Tina Quail-Davis, Parent Educator

### Coming Soon...

- Supporting Your Child to Manage BIG Emotions
- Calming the Storm: Self-Regulation for Your Intense or Emotional Child

## Wednesday Evenings

### The Anger Game:

#### Help You and Your Child Manage Anger

April 8 and 15—7:00 to 9:00 p.m. (2-part workshop)

Princess Margaret Public School—51 Wellington Street

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.

Facilitator: Kolleen McIlveen, Parent Educator

## Thursday Evenings

### Positive Parenting After Separation

April 2—6:30 to 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.

Facilitator: Nichole MacPherson, Behaviour Consultant

### Manage Mealtime Madness:

#### Tricks and Tips for Busy Families

April 23—7:00 to 9:00 p.m. (1 evening)

Princess Margaret Public School—51 Wellington Street

How can on-the-go families balance busy schedules without drive-thrus or processed/convenience foods? We'll explore simple healthy meal ideas that your family will love, including strategies to encourage picky eaters to try a variety of choices and develop a good relationship with food. We'll also discuss ways to get kids involved with family meals and steps you can take to make meal preparation and family meals enjoyable.

Facilitator: Jacalyn Dryland, Registered Dietician

- Why Won't They Just Listen? Supporting Positive Communication within Your Family
- ...and many more!