



FREE Parenting Workshops — May/June 2019

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

General Parenting Topics:

- Manage Mealtime Madness: Tips and Ideas for Busy Families (Tues.)
- Secrets of Communication 1: Getting Kids to Listen (Weds.)
- Secrets of Communication 2: Getting Kids to Talk (Weds.)
- Parenting on the Same Page (Tues.)
- Unplug and Connect: Ending Screen Time Battles (Mon.)
- Supporting Your Child to Manage Big Emotions (Tues)

Special Needs

- Understanding a New Autism Disorder Diagnosis (Tues.)

Challenging Behaviour

- Supporting Your Child to Manage Big Emotions (Tues)

Mental Health

- Supporting Your Child to Manage Big Emotions (Tues)

Separation and Divorce

- Positive Parenting from Separate Homes (Weds.)

Teens and Tweens

- Secrets of Communication 1: Getting Kids to Listen (Weds.)
- Secrets of Communication 2: Getting Kids to Talk (Weds.)
- Unplug and Connect: Ending Screen Time Battles (Mon.)
- Surviving Thriving in the Teen/Tween Years (Weds.)
- Supporting Your Child to Manage BIG Emotions (Tues.)

Find our up-to-date schedule

www.dpsn.ca

Monday Evenings

Unplug and Connect: Ending Screen Time Battles

May 27—7:00 to 9:00 p.m.

Parkinson Centennial Public School—120 Lawrence Avenue

We know that too much screen time can lead to disrupted sleep and behaviour issues. But how much is “too much”? We’ll discuss recommended daily time limits according to age and how to set healthy limits around screen time. We’ll also explore ways to engage your children’s cooperation in implementing healthy screen time habits in your home. Helpful resources will be provided.

Tuesday Evenings

Manage Mealtime Madness:

Tips and Ideas for Busy Families

May 7—7:00 to 9:00 p.m.

Parkinson Centennial Public School—120 Lawrence Avenue

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.

Parenting on the Same Page

May 14—7:00 to 9:00 p.m.

Parkinson Centennial Public School, 120 Lawrence Avenue

What if you and your parenting partner don’t parent the same? Different parenting and discipline styles can create stress, conflict and anxiety. It’s not necessarily these differences that are the issue, but how we navigate them can be a real game changer. We’ll explore ways to work toward consistency while also respecting the strengths of different approaches.

Understanding a New Autism Spectrum Disorder Diagnosis

May 28—6:30 to 8:30 p.m.

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 autism and community resources, with an emphasis on practical support strategies and approaches.

Supporting Your Child to Manage BIG Emotions

June 4—6:30 to 8:30 p.m.

Princess Margaret Public School, 51 Wellington Street

Are you struggling with how to respond to and support your children in managing their BIG emotions, such as anger and anxiety? This hands-on expressive arts 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.

Wednesday Evenings

Secrets of Communication

Part 1: Getting Kids to Listen

May 1—7:00—9:00 p.m. (part 1 of 2)

Princess Margaret Public School, 51 Wellington Street

Feeling frustrated and ignored? It can sometimes feel like our children—and other family members—don’t hear a word we say. This workshop can help you be heard—without raising your voice. We’ll uncover secrets to good communication, including building connections, setting limits, resolving conflicts, and engaging cooperation. While this is a stand-alone workshop, participants are encouraged to attend *Part 2: Getting Kids to Talk*.

Secrets of Communication

Part 2: Getting Kids to Talk

May 8—7:00—9:00 p.m. (part 2 of 2)

Princess Margaret Public School, 51 Wellington Street

Does your child have difficulty talking about feelings or personal problems? This can lead to moodiness, outbursts and meltdowns. Learn practical strategies to support children in managing their feelings and communicating their needs. While this is a stand-alone workshop, participants are encouraged to attend *Part 1: Getting Kids to Listen*.

Positive Parenting from Separate Homes

May 22—6:30—9:30 p.m.

Georgian College, 22 Centennial Road, Room 105

Worried about the effects of separation, divorce and parenting from two homes on your children? Do you want help managing these changes to ensure that your children do not get caught in the middle of parental conflict? This program can help. You will learn to understand your feelings, your children’s needs and develop a business-like relationship with the other parent. You will not be asked to talk about your individual situation because the program is intended to provide general information.

Surviving Thriving in the Tween/Teen Years

May 29 and June 5—7:00 to 9:00 p.m. (2 parts)

Princess Elizabeth Public School, 51 Elizabeth 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. Learn tips and effective parenting skills. Develop good communication, conflict-resolution and problem-solving skills to ensure a stronger bond with your child and smooth the journey through these rocky years.



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