

FREE Parenting Workshops & Programs in Dufferin County

NOVEMBER 2021



Feelings After Birth

Tuesdays 10:30 a.m.–12:30 p.m.
Thursdays 10:30 a.m.–12:30 p.m.
Orangeville

Come Understand Parenting

Thursdays 1:30–3:30 p.m.
Orangeville

Filling your CUP

Fridays 10 a.m.–12 p.m.
Shelburne

Contact Information:

EarlyON Child and Family Centre

tquail@dufferincounty.ca

Ask EarlyON 519-938-0559

<https://www.facebook.com/DufferinEarlyON>



Fetal Alcohol Spectrum Disorder and Mental Health

With Dr. Jacqueline Pei, PhD, RPsych
Tue. Nov 30 7:00–9:00 p.m.
Online

Contact Information:

Dufferin Wellington Guelph Fetal Alcohol Spectrum Disorder

tara.leskey@dcafs.on.ca

519-941-1530 ext. 237

<https://www.dufferinwellingtonfasd.com/>



Why Can't We Just Get Along? Reduce Family Conflict and Sibling Rivalry

Wed. Nov. 3 7:00–8:00 p.m.*

Positive Communication to Reduce Conflict and Encourage Cooperation

Wed. Nov 10 7:00–8:00 p.m.*

The Art of Distraction: Helping Your Child with ADHD Thrive

Thu. Nov 18 7:00–8:00 p.m. *

Normalness but not Normalness: Adjusting Our Parenting through Covid

Mon. Nov 22 7:00–8:00 p.m. *

Relationship Skills

Wed. Dec 1 7:00–8:00 p.m. *

* All workshops are held online
+ ½ hour Q&A

Contact Information:

Dufferin Parent Support Network

info@dpsn.ca

<https://dpsn.ca/Workshops.html>



Online Prenatal and New Parent Program

At your pace. Online.

Contact Information:

WDG Public Health

1-800-265-7293, ext. 4263

Online.prenatal@wdgpublichealth.ca

<https://wdgpublichealth.ca/clinics-classes/online-prenatal-new-parent-program>



Upper Grand District School Board

Nurturing Resilience through Relationships

With Dr. Michael Ungar
Wed. Dec 1 6:30 p.m.
Online

Contact Information:

Upper Grand District School Board (UGDSB)

<https://sites.google.com/ugcloud.ca/mhugpa-rents/home>

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



MyDufferin.ca

dufferincoalitionforkids.ca

