



# FREE Parenting Workshops — Early Fall: September to mid-October 2018

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](mailto:info@dpsn.ca) or 519-940-8678. [www.dpsn.ca](http://www.dpsn.ca)



## Workshops by Topic

### Relationships

- How to Talk So Your Spouse (and Kids) Will Hear You: Effective Communication for Stronger Relationships (Weds)
- Parenting as a Team...Whether You Live Together or Apart (Thurs)

### General Parenting Topics:

- Discipline that Works—Without Yelling (Mon)
- How to Talk So Your Spouse (and Kids) Will Hear You (Weds)

### Special Needs / Mental Health

- Understanding Perspective Taking and Self-Awareness in Kids with Autism Spectrum Disorder
- Help Your Child Manage Anxiety and Foster Self-Esteem (Mon)

### Teens

- Help Your Child Make Career Decisions (Weds)
- ~~Surviving~~ Thriving in the Tween/Teen Years
- Paying for Post-Secondary (Weds)

## Monday Evenings

### ***Discipline that Works—Without Yelling***

September 24 and October 1, 7–9 PM—2 parts

**Parkinson Centennial Public School—120 Lawrence Ave.**

Are you tired of yelling and nagging at your children to get them to cooperate? Learn positive, constructive ways to encourage cooperation, respect and good communication. We'll explore the reasons behind your child's behaviour, differences between discipline and punishment, consequences, and the long-term goals you have for your children.

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

October 15, 7–9 PM—1 part

**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.

## Tuesday Evenings

### ***Surviving Thriving in the Tween/Teen Years***

September 25 & October 2, 7–9 PM—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.

### ***Understanding Perspective Taking and Self-Awareness in kids with Autism Spectrum Disorder***

October 9, 6:30–8:30 PM—1 part

**Princess Margaret Public School, 51 Wellington Street**

Understanding ourselves and others, and how the two interact, is essential for healthy social skills. Kids with autism often struggle with this leading to significant impacts on developing and maintaining relationships. This workshop will give parents and caregivers practical strategies to help their children succeed by building on these two skills. *In partnership with Kerry's Place Autism Services.*

## Wednesday Evenings

### ***Help Your Child Make Career Decisions***

September 26, 7–9 PM—1 part

**Georgian College, 22 Centennial Road**

Should my child go to university, college, start an apprenticeship or go into the workforce first after high school? What jobs will be in demand? You don't have to be an expert to help your child with career decision-making. Facilitated by specialists from Georgian College Career and Employment Community Services, this practical workshop provides parents with information and resources to support their children with career decision-making.

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### Coming soon...

- The Anger Game
- Siblings without Rivalry
- Flying Solo: Skills for Single Parents

## Weds. Evenings (cont'd)

### ***Paying for Post-Secondary***

October 3, 7–9 PM—1 part

**Georgian College, 22 Centennial Road**

This session is designed to give parents, caregivers, teachers and high school students the information and resources they need to not let money prevent someone from pursuing a post-secondary education. Facilitated by specialists from Georgian College's Career and Employment Community Services. Free tuition grants go unclaimed each year. This workshop provides an overview of the many options for financial assistance, bursaries, and grants, including how to access them. An opportunity for questions and answers will also be provided.

### ***How to Talk So Your Spouse (and Kids) Will Hear You: Effective Communication for Stronger Relationships***

October 10, 17 and 24, 7–9 PM—3 parts

**Princess Elizabeth Public School—51 Elizabeth Street**

Communication is the key to positive, respectful relationships. In this workshop, we will explore different communication approaches with our children, spouses and others, effective speaking and listening skills and strategies, and the language of encouragement.

## Thursday Evenings

### ***Parenting as a Team...***

### ***Whether You Live Together or Apart***

October 4 and 11, 7–9 PM—2 parts

**Parkinson Centennial Public School—120 Lawrence Ave.**

Do you and your child's other parent disagree about how to parent? This workshop can help you and the other parent resolve conflicts and get on the same page when it comes to parenting, whether you live together or not. Learn about your individual personalities and parenting styles and how to either meld them or respect each other's differences. Learn skills to create a child-focused approach that can improve communication with the other parent and help you work effectively as a parenting team.

- Understanding Behaviour
- and much more

Find our up-to-date schedule on our website at

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