



Free Parenting Workshops – Fall 2010

All Dufferin Parent Support Network (DPSN) programs 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. Limited seats. Our website is www.dpsn.ca. All workshops are from 7:00 to 9:00 unless otherwise indicated.

Monday Nights
Princess Margaret School – 51 Wellington St
Healthy Relationships – Sept 20, 27 & Oct 4th (3 nights)
 This workshop covers topics such as identifying healthy and unhealthy relationships, boundaries, anger, assertiveness, conflict resolution and self-esteem.

Tuesday Nights
Princess Margaret School- 51 Wellington St
Intro to Autism Spectrum Disorder-Oct 19th
 Does your child struggle with social interaction or verbal/non-verbal communication? Join us to learn more about the characteristics that define A.S.D. and ways in which you can encourage and help your child to manage their behaviour.
Regulating our Emotions – previously known as Anger’s Bubble – Nov 16, 23 & 30th (3 nights)
 This workshop will provide participants with information on both positive and problematic emotion, how to increase self awareness about these emotions, where these emotions come from and how to regulate emotion. Participants will be encouraged to participate through written exercises, group discussion as well as expressive, art-based activities.

Mark your calendars for a special DPSN evening presentation on Wednesday, Nov 10th from 7 to 9 pm. More details to follow.

Wednesday Nights
Island Lake Public School- 50 Oakridge Drive
How To Talk So Kids Will Listen
 Sept 22, 29, Oct 6, 13, 20, 27th (6 nights)
 This workshop will teach you how to develop positive relationships through effective communication with children of all ages. You will learn proven skills that will help you to cope with your child's negative feelings, engage your child's willing cooperation and discipline without hurting or alienating your child.
Raising Your Spirited School-Aged Child
 Nov 3 & 10th. (2 nights).
 Is your child more sensitive, energetic, persistent or perceptive? We'll share guidelines for raising your spirited child, plus help you to understand them better, learn to focus on strengths and develop a healthy relationship.
Dufferin Child & Family Services
 655 Riddell Rd

When Parents Separate – How to Successfully Impact the Outcome -Nov 24th
 Informative overview of the Family Court System including alternatives to litigation. Participants will be given information about a variety of available options to reach agreement and move forward for the best interests of their children when they are planning to separate. Participants will learn about children’s developmental stages within separated families and how to address their specific needs at each developmental stage. They will also learn when litigation may be unavoidable and strategies to minimize the impact of the conflict on their children.

Thursday Nights
Montgomery Village Public School
 70 Montgomery Blvd
Siblings Without Rivalry- Oct 28, Nov 4, 11, 18, 25, Dec 2 (6 nights)
 Learn how to reduce friction in your lives and help your children to live together in harmony.

Orangeville Ontario Early Years Centre
 229 Broadway, Orangeville, from 6 – 8 pm
 Come for dinner & bring the kids – 3 yrs and up
Be the Best Dad You Can Be!
 Nov 18 & 25th (2 nights)
 Squash the “myths” of fatherhood! Explore the barriers, the frustrations and the joys of being a dad. Meet and connect with fellow fathers from your community. Learn how to identify your child’s strengths and address areas of concern.

Saturday Morning
Orangeville Ontario Early Years Centre
 229 Broadway, Orangeville, from 9:30 – 11:30 for parents and children – 3 yrs and up
Family Math – Oct 9th
 Family Math uses everyday materials and math games to help children understand math ideas. Help your child learn to measure, estimate and do mental math. Parents learn how to help their child enjoy and understand math early in life