



# Free Parenting Workshops – Spring 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](mailto:info@dpsn.ca) or 519-940-8678. Limited seats. Our website is [www.dpsn.ca](http://www.dpsn.ca). All workshops are from 7:00 to 9:00 unless otherwise indicated.

## Monday Nights

Princess Margaret School – 51 Wellington St

### Anger's Bubble – April 12, 19 & 26th (3 nights)

This workshop will help you to recognize your anger triggers and how to release anger safely. Participants will examine their anger style and how this style impacts themselves and others. We'll also discuss behaviour choices when angry and how to be assertive and communicate more effectively.

### Prevention & Handling of Youth Substance Use - May 17<sup>th</sup> (1night)

This workshop is geared to parents of children age 10 to 16 and will provide knowledge, tools and techniques to prevent and/or cope with the impact of alcohol & drugs in adolescents.

### 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!

May 3<sup>rd</sup> & 10th (2nights)

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.

## Tuesday Nights

Princess Margaret School- 51 Wellington St

### Healthy Relationships – June 1, 8, & 15<sup>th</sup> (3 nights)

This workshop covers topics such as identifying healthy and unhealthy relationships, boundaries, anger, assertiveness, conflict resolution and self-esteem.

## Wednesday Nights

### Shelburne Ontario Early Years Centre

167 Centre Street, Shelburne, 6 – 8 pm

Come for dinner and bring the kids –age 3 to 6

### Family Math – April 14, 21, & 28th (3 nights)

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.

### Grand Valley Ontario Early Years Centre

90 Main St, Grand Valley Arena, 6 – 8 pm

Come for dinner and bring the kids – age 3 to 6.

### Family Math – May 5, 12<sup>th</sup> and 19<sup>th</sup> (3 nights)

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.

## Wednesday Nights Cont'd

Island Lake Public School- 50 Oakridge Drive

### How To Talk So Kids Will Listen

Mar 24, 31, Apr 7, 14, 21, 28<sup>th</sup> (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

### Making Friends & Managing Feelings May 5<sup>th</sup>


This 1 night workshop will provide a better understanding about the strengths/challenges associated with Asperger Syndrome. Specific strategies for making friends and managing feelings will be discussed.

## Thursday Nights

Dufferin Child & Family Services - 655 Riddell Rd

### Strengthening Families After Separation & Divorce

April 1st (1 night)

Learn how to facilitate a healthier adjustment following the stress and confusion of parental breakups. 

### Blending Families: the Old with the New - April 8<sup>th</sup>

Parents and caregivers will learn how to overcome some of the challenges when blended families are formed.

Island Lake Public School- 50 Oakridge Drive

### Developing Your Child's Social Skills May 6<sup>th</sup> 1night

Help your child to develop age appropriate and useful social skills, resilience and empowerment so that they can be comfortable handling themselves in any group, setting and new situation.

WATCH FOR MORE DETAILS about our SPRING FUNDRAISING SPECIAL EVENT designed to help parents, educators and counsellors understand ‘What is it like to be a girl age 5 – 12

today?’ 