



FREE Parenting Workshops — May 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 or 519-940-8678. www.dpsn.ca



Parenting is full of questions.

We can help you find the answers.

Our workshops are safe places to learn and build on existing skills.

Workshops by Topic

General Parenting Topics:

- Discipline that Works—Without Yelling (Thurs.)

Challenging Behaviour

- Discipline that Works—Without Yelling (Thurs.)
- Parenting Your School-Aged Spirited Child (Tues)
- Calm, Cool and Collected: Strategies to Help Your Child Get in the “Just Right” Zone (Thurs)

Special Needs

- Developing Executive Functioning Skills for Kids on the Autism Spectrum (Tues.)
- Calm, Cool and Collected: Strategies to Help Your Child Get in the “Just Right” Zone (Thurs)

Mental Health

- Help Your Child Manage Anxiety and Foster Self-Esteem (Mon.)

Parenting Through Separation and Divorce

- Cooperative Co-Parenting (Weds.)

SPECIAL SPEAKER:

Drop the Worry Ball: Parenting in the Age of Entitlement with Dr. Alex Russell

Want your children to be more independent and resilient?
Let them make mistakes and learn from them.

Thursday, May 17 at 7:00 p.m.
Westside Secondary School
300 Alder Street

Monday Evenings

Help Your Child Manage Anxiety and Foster Self-Esteem

May 7—7:00 to 9:00 p.m. (1 evening)

Princess Margaret Public School, 51 Wellington Street

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

Developing Executive Functioning Skills for Kids on the Autism Spectrum

May 15—6:30 to 8:30 p.m. (1 evening)

Princess Margaret Public School, 51 Wellington Street

Does your child with ASD struggle with transitions, organizing, planning and getting started? In many people with ASD, these executive functions are impaired. This session is designed to improve your understanding of executive functions and provide support strategies for kids with ASD to develop these skills, with practical tools to be successful. *In partnership with Kerry's Place Autism Services.*

Raising Your Spirited School-Aged Child

May 22 and 29—7:00 to 9:00 p.m. (2 parts)

Princess Margaret Public School—51 Wellington Street

Is your child “more”—energetic, intense, persistent, perceptive or uncomfortable with change? Learn to better understand your spirited child, focus on strengths, and develop strategies for challenging situations.

Find our up-to-date schedule
www.dpsn.ca



Follow DPSN on Facebook!

Wednesday Evenings

Cooperative Co-Parenting

May 23, 30 and June 6—7:00 to 9:00 p.m. (3 parts)

Georgian Suite (Entrance B)

Edelbrock Centre, 30 Centre Street

*Note: 3rd session is online

Do you and your child's other parent disagree about how to parent? Do emotions block your ability to put the child first? This workshop can help you focus on being the best parent you can be by providing skills to help you create a healthy, functional co-parenting relationship. 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 help to reduce judgment of the other parent and work effectively to create balance for the child between both homes.

Thursday Evenings

Discipline that Works—Without Yelling

May 3 and 10—7:00 to 9:00 p.m. (2 parts)

Princess Elizabeth Public School—51 Elizabeth Street

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.

Calm, Cool and Collected: Strategies to Help Your Child Get in the “Just Right” Zone

May 24—6:30 to 8:30 p.m. (1 evening)

NEW LOCATION! Georgian Suite (Entrance B)

Edelbrock Centre, 30 Centre Street

Does your child struggle with managing emotions, frequent meltdowns or impulse control? Is he or she inflexible or easily distracted? Sensory motor strategies are one way to promote better behavioural and emotional regulation and can help your child feel calm, focused, and in the “just right” zone. An occupational therapist will share activities and resources and answer questions about developing self-regulation.