



FREE Parenting Workshops — October 2017

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



Workshops by Topic

General Parenting Topics:

- Let's Talk Communication (Mon.)
- How to Reduce Stress for You and Your Children (Thurs.)

Mental Health

- Help Your Child Manage Anxiety and Foster Self-Esteem (Mon.)
- Stress Management for Parents and Kids (Thurs.)

School

- Help Your Child Succeed at School: Tutoring Skills for Parents (Daytime)

Special Needs

- Autism Workshop: Supporting and Understanding an ASD Diagnosis (Tues.)

Teens/Tweens

- Let's Talk Communication (Mon.)
- Stress Management for Parents and Kids (Thurs.)
- Ready to Launch series (see reverse)

Separation and Divorce

- Co-Operative Co-Parenting (Tues.—Online)

These workshops have made a tremendous improvement in my everyday life, and my kids have reaped the benefits.—DP

Daytime

Help Your Child Succeed at School: Tutoring Skills for Parents

In partnership with Wellington County Learning Centre
Thursday, October 19—9:30 to 11:30 a.m. (1 morning)

Georgian Suite (Entrance B) Edlebrock Centre—30 Centre St.
Do your children hate homework or struggle in class? You can help them improve their grades and be more successful while increasing their confidence and self-esteem. This workshop will provide practical ways to learn how your child learns and provide strategies to help your child in an effective and enjoyable manner.

Monday Evenings

Let's Talk Communication

Oct 16, 23 and 30—7:00 to 9:00 p.m. (3 evenings)
Parkinson Centennial Public School, 120 Lawrence Ave.
Communication is the key to positive, respectful relationships. In this workshop, we will explore different communication approaches with our children and others, effective speaking and listening skills and strategies, and the language of encouragement.

Help Your Child Manage Anxiety and Foster Self-Esteem

November 6—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

Cooperative Co-Parenting

October 3, 10, and 17—7:00 to 9:00 p.m. (3 evenings)
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, led by a couple who has learned to co-parent successfully, 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.

Autism Workshop: Supporting and Understanding an ASD Diagnosis

In partnership with Kerry's Place Autism Services
October 24—6:30 to 8:30 p.m. (1 evening)

Princess Margaret Public School, 51 Wellington Street
This session is designed to help parents, friends, and family gain an increased understanding of autism spectrum disorders. This workshop will provide an overview of autism and community resources, with an emphasis on practical support strategies and approaches.

Thursday Evenings

How to Reduce Stress for You and Your Children

October 12, 19 and 26—7:00 to 9:00 p.m. (3 evenings)
Princess Margaret Public School, 51 Wellington Street
Are you or your child feeling stressed or overwhelmed? You are not alone. Learn effective techniques to deal with everyday stress in healthy ways. This workshop will provide resources and tools to help you become more mindful of your thoughts and beliefs to reduce your stress levels. Bring your children to the shorter third session for some fun activities to help them manage their stress.

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

Looking Ahead... Coming in November

- Help Your Child Manage Anxiety and Foster Self-Esteem
- Autism Workshop: Building Social Connections
- Positive Parenting from Separate Homes
- The Anger Game: Help You and Your Child Manage Anger
- Help Your Child Overcome Self-Harm
- Help Your Child Succeed at School: Tutoring Skills for Parents

READY TO LAUNCH (see reverse):

Three stand-alone, one-evening workshops to help prepare your child for the transition to adulthood:

- Dollar\$ and Sense: Help Your Child Learn Money Management (Nov. 1)
- Helping Students Make Career Decisions (Nov 7)
- Paying for Post-Secondary (Nov. 28)

