

Course Schedule - Spring 2003

Support Network offers a variety of parenting courses. For more information on this spring's courses or to contact us at 519-940-8678 or info@dpsn.info. Check out our website at www.dpsn.info. All courses are held on Thursdays, starting on the 1st of the month, evening from 7:00pm to 9:00pm.

Discipline, Good Kids	Thursday, January 30
Bringing the Peace at Home	Thursday, February 13
Separation & Divorce: Helping Your Child Cope	Thursday March 6
Separation & Divorce: Family Law Information	Thursday, March 20
Relationships	Thursday, March 27
Marriage and Dating	Thursday, April 3
Let's Talk So Kids Will Listen	Thursday, April 10 to Thursday, May 15
Helping Teens	Thursday, May 22 to Thursday, June 26



What You Can Do About Being Bullied

Bullying is scary and embarrassing. You may feel as if it's your fault. It's not. There are things you can do to make it stop. Here are some tips:

- ▶ Stay calm and don't act upset or angry. You may love to get a reaction. Practise what you want to do next time it happens. If you don't react the way they want you to, they will get bored and stop.
- ▶ Don't fight back. If you fight back, you may make the situation worse, get hurt or start starting the trouble.
- ▶ Try to withdraw from the situation. Don't join the bullying or say "no" really firmly and then walk away calmly. It's very hard for someone on bullying someone who won't stand up for themselves.
- ▶ If it's either you or your stuff, give it away. Things can be replaced - you can't.
- ▶ Avoid being alone as much as you can. Whenever possible, travel with other people to school and to special school events.
- ▶ Don't be afraid to tell an adult you trust. They don't have to let them take over. Talk to them about what you would like to happen.

Most of all, don't give up. Being bullied can make you feel really bad about yourself and discouraged. This is exactly what the bullies are hoping for. If you give in, they will take advantage of you in different ways. If you are feeling like this, talk to someone. Kids Help Canada at 1-800-668-6868 is always confidential.

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For more information on bullying, check out these websites:

- www.antibullying.com
- www.bullybeware.com
- www.bullying.org
- www.bullying.ca
- www.cca-kids.org
- www.cssn.org
- www.kidsareworthit.com
- www.kids4kids1.com
- http://kidshelp.symplicity.com
- www.parentsinfo.com
- www.safechild.com
- www.stopbullyingnow.com
- www.stonyouthviolence.com



Healthy Community-Healthy Youth

New Approaches to Crisis Prevention

A two-day conference of special interest to Dufferin County Parents, Youth, Educators and Mental Health Service Providers. We will support adolescents and youth in crisis in our community within our existing resource base, during and after the crisis. These presentations and training opportunities will be a beginning step to increasing skills and enhancing our awareness of local supports.

Monora Park Pavilion, Orangeville, Ontario.

Just north of Orangeville, turn west off Highway 10 between the Mazda and the Volkswagen dealership.

DAY 1 - TUESDAY, JANUARY 21, 2003
1:00PM to 9:00pm

"Home to the Classroom"

Psychologist Dr. Mary Susan Crawford, Upper Merivale School Board in an informative and practical presentation. We will increase our awareness of risk factors for violence and youth, expand our knowledge base of how to recognize the crucial importance of early crisis prevention.

"Everyone's an Asset Builder"

Building Community Capacity. A unique program that challenges Dufferin residents to participate in a fun and dynamic program that challenges and encourages positive community response to crisis. You will learn how to assist with the key assets required for healthy coping.

"Voices of the Children"

Family Transition Place shares with us what grade 7-10 in our community are saying about why they don't tell teachers and how they are being bullied.

"What Can We do from Here"?"

Duane Dahl from ASSET for an opportunity to hear a range of voices from our community discuss the realities of youth and parents in Dufferin County. Topics include: police, social service, parents, and how youth communities attempt to answer the question "What can we do from here"?

DAY 2 - SATURDAY, JANUARY 25, 2003
9:00 am to 4:00pm

"Our Community, Our Kids-What's Missing?"

Join Keynote Speaker

Dr. KERSTINE FRANKLIN

Psychotherapist, & Workshop Facilitator as she discusses the important connection of self worth through community action. Are we teaching our kids how to FEEL a part of community and how to BE a part of community? Do we show them how to care about others so that they may learn to better care for themselves?

"Dufferin Community Snapshot"

An insightful and informative presentation with Grant Hollett, Planner, Waterloo Region Wellington Dufferin District Health Council, designed to give us a sense of who we are and how we experience crisis in Dufferin County.

"Capacity Building"

An interactive community mapping experience guaranteed to increase our understanding and appreciation for community partners involved with adolescents and youth. A time to expand our networks and learn how to access them more effectively.

"How to Avoid the T.R.A.P."

Join Gennette Parn, Violence Prevention Coordinator in a presentation that will assist parents and youth alike how to identify signs of a healthy relationship, prepare for dating and find out about the "Teen Relationship Abuse Program".

"The Face of Homeless Youth in Dufferin"

Learn from staff, Sonia MacDonald and Dawn Curtis from our local youth shelter about the realities of homelessness in Dufferin and how this community partner responds with compassion, curfews and "Choices".

"Kids have Stress Too"

Join Julie Wood and Debbie Harrison in this rare training opportunity for parents only, designed to help parents understand childhood stress and how to provide children with the tools to deal with stress effectively.