

# FREE Parenting Workshops & Programs in Dufferin County

## APRIL 2022

Dufferin  
Wellington  
Guelph  
**FASD**

### Online Safety and Digital Citizenship, presented by Jess McBeath

Mon. Apr. 18, 1:30–3:30 p.m.  
Online

### Dufferin Wellington Guelph Fetal Alcohol Spectrum Disorder

[tara.leskey@dcafs.on.ca](mailto:tara.leskey@dcafs.on.ca)

519-941-1530 ext. 237

<https://www.dufferinwellingtonfasd.com/>



family  
transition  
place



Orangeville  
PUBLIC LIBRARY

### Healthy In-School Relationships

Thu. Apr. 21, 7:00–8:30 p.m.  
Mill Street Library, 1 Mill Street

### Family Transition Place

[sabina@familytransitionplace.ca](mailto:sabina@familytransitionplace.ca)  
519-942-4122 ext. 309

<https://www.familytransitionplace.ca>

### Orangeville Public Library

Lauren Tilly: 519-941-0610, ext. 5230  
<https://www.orangevillelibrary.ca>



PublicHealth  
WELLINGTON-DUFFERIN-GUELPH  
Stay Well.

### Online Prenatal/New Parent Program

At your pace. Online.

### Wellington-Dufferin-Guelph Public Health

[Online.prenatal@wdgpublichealth.ca](mailto:Online.prenatal@wdgpublichealth.ca)  
1-800-265-7293

<https://wdgpublichealth.ca/clinics-classes/online-prenatal-new-parent-program>



### Why Is My Child Acting Like This? Understanding and Diffusing Challenging Behaviour

Wed. Apr. 6, 7:00–8:00 p.m.\*

### Calming the Storm: Co-Regulation Strategies for Your Intense or Emotional Child

Wed. Apr. 13, 7:00–8:00 p.m.\*

### Cooperative Parenting Through Divorce

Wed. Apr. 20, 7:00–8:00 p.m. \*

### Unplug and Connect: Helping Our Kids Find Balance with Screen Time

Thu. Apr. 28, 7:00–8:00 p.m. \*

\* All workshops are online.  
Q&A will continue until 8:30 p.m.

### Dufferin Parent Support Network

[info@dpsn.ca](mailto:info@dpsn.ca)

<https://dpsn.ca/Workshops.html>



Kerry's Place  
Autism Services  
Services en autisme

### Flush It Out: Strategies to Teach Toileting Routines

Wed. Apr. 27, 6:00–8:30 p.m.

[Click to register](#)

### Non-Violent Crisis Intervention: Parent and Caregiver

Sat. Apr. 23, 9:30 a.m.–1:00 p.m.

[Click to register](#)

### Kerry's Place Autism Services

<https://www.kerrysplace.org/>



Dufferin Child & Family Services

### Behaviour Basics Part 1

Tue. Apr. 5, 9:30–11:30 a.m.

Tue. Apr. 12, 6:30–8:30 p.m.

### Independent Living Skills Series: Dressing

Tue. Apr. 5, 6:30–7:30 p.m.

Thu. Apr. 7, 9:30–10:30 a.m.

### Toilet Learning/Training

Wed. Apr. 6, 6:30–8:30 p.m.

### The Caregiver's Journey

Wed. Apr. 13, 9:30–11:30 a.m.

### How to Help Your Child Go to Sleep and Stay Asleep

Wed. Apr. 13, 6:30–8:30 p.m.

### Independent Living Skills Series: Toothbrushing

Thu. Apr. 14, 9:30–10:30 a.m.

### Behaviour Basics Part 2

Tue. Apr. 19, 9:30–11:30 a.m.

Tue. Apr. 26, 6:30–8:30 p.m.

### Homework Helper Tips

Wed. Apr. 20, 9:30–11:30 a.m.

### Introducing New Foods/Picky Eaters

Wed. Apr. 20, 6:30–8:30 p.m.

### Independent Living Skills Series: Dressing

Thu. Apr. 21, 9:30–10:30 a.m.

### Next Steps: We Have a Diagnosis, Now What?

Wed. Apr. 27, 9:30–11:30 a.m.

### Independent Living Skills Series: Bathing

Wed. Apr. 27, 6:30–7:30 p.m.

Thu. Apr. 28, 9:30–10:30 a.m.

All workshops are online.

### Dufferin Child and Family Services (DCAFS)

<https://dcafs.on.ca/foundational-family-services>

Note: Some agencies offer additional workshops for a fee.



Dufferin Coalition for Kids

[dufferincoalitionforkids.ca](http://dufferincoalitionforkids.ca)

[MyDufferin.ca](http://MyDufferin.ca)

**Dufferin Coalition for Kids...Working together to help you be the best parent you can be**