

# Online **Early May Workshops**

## Spring 2022

### **Positive Communication in Families: Avoid Power Struggles and Encourage Cooperation**

**Wednesday, May 4, 7:00–8:00 p.m. + ½ hour Q&A**

Positive communication is the key to reducing power struggles and solving problems in our families. We'll take a look at some of the barriers to effective communication and why our kids might not be listening to us. We'll also explore strategies for improve our communication skills so that we really engage with our children and encourage cooperation.

*Facilitator: Shaelyn Busby, Child and Family Clinician*

To register: <https://bit.ly/DPSNcomS22>



### **Help Your Child Manage Anxiety and Foster Self-Esteem**

**Monday, May 9, 7:00–8:00 p.m. + ½ hour Q&A**

Anxiety has increased for everyone during these uncertain times. For some children, it can interfere with daily functioning and impact their ability to cope. Learn to support 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.

*Facilitator: Lynne Fadden, Registered Psychotherapist with the College of Psychotherapy*

To register: <https://bit.ly/DPSNanxS22>



### **Save the Dates!**

Here's a sneak peek at upcoming May workshops:

- The Challenges of Differences: Understanding You and Your Child's Unique Temperaments—May 17
- The Art of Distraction: Helping Your Child with ADHD Thrive—May 26
- Positive Discipline—May 31



For more information, please contact  
DPSN at 519-940-8678 or [info@dpsn.ca](mailto:info@dpsn.ca)

**Free!**  
Registration  
is required.

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