



FREE Parenting Workshops — Fall 2022

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.

Monday Evenings

Help Strengthen Your Child's Mental Health and Well-Being

Oct. 17—7:00–8:00 p.m. (Q&A continues until 8:30 p.m.)

During this workshop, we'll discuss what mental health is and explore the five pillars of wellness. You'll learn effective ways to seek help and strategies to help your child strengthen their mental health and well-being, including self-care (knowing and taking care of self) and the importance of gratitude. We'll also engage in some gratitude activities that you can share with your child.

To register: <https://bit.ly/DPSNmhf22>

Attitude Adjustment: Understanding Challenging Behaviour

Nov. 14—7:00–8:00 p.m. (Q&A continues until 8:30 p.m.)

Children don't do things just to push our buttons. We'll take a look at the goals of both positive and negative behaviour to reveal the hidden messages and reasons behind our children's actions. When we understand why children behave the way they do, our responses can lead to solutions.

To register: <https://bit.ly/DPSNcbf22>

Recognizing and Supporting Your Child's Special Needs

Nov. 28—7:00–8:00 p.m. (Q&A continues until 8:30 p.m.)

Do you wonder if your child might have special needs and abilities? Has your child been recently assessed? This workshop can help you navigate the system. We'll discuss the behaviours that might indicate a special need, the process of assessment and various options, as well as an overview of different developmental and mental health diagnoses. In addition, we'll look at the different services and supports available.

To register: <https://bit.ly/DPSNspF22>

All our workshops take place online, via Zoom. If you don't have reliable internet, you can attend by phone instead. **However, long distance and /or usage charges may apply.**

Tuesday Evenings

Positive Communication to Reduce Conflict and Encourage Cooperation

Oct. 25—7:00–8:00 p.m. (Q&A continues until 8:30 p.m.)

Sometimes in families, tempers and patience can be short. We can lower the tension in our homes through positive communication. Learn strategies to calm everyone down and get them cooperating—even when they don't want to. We'll also discuss ways to get your children talking and really engaging with them.

To register: <https://bit.ly/DPSNcomF22>

Staying Cool and Connected with Your Tweens and Teens

Nov. 22—7:00–8:00 p.m. (Q&A continues until 8:30 p.m.)

The stress of the last couple years is weighing on teens. They may respond with anger or by shutting themselves off. We'll explore strategies for connecting with them. Develop effective communication, conflict-resolution, and problem-solving skills to ensure a stronger bond with your child and smooth the journey through this difficult time and through these rocky years.

To register: <https://bit.ly/DPSNtwf22>

Siblings without Rivalry

Dec. 6—7:00–8:00 p.m. (Q&A continues until 8:30 p.m.)

Dealing with sibling rivalry can be challenging and stressful for parents. This workshop can help you reduce the friction between your children and support strong sibling relationships. You'll learn what to do about fighting, new ways to think about "fairness," and how to help your kids resolve conflicts on their own.

To register: <https://bit.ly/DPSNsibsF22>

Wednesday Evenings

Supporting Your Child through Anxiety and Other Big Emotions

Dec. 14—7:00–8:00 p.m. (Q&A continues until 8:30 p.m.)

Children, like adults, can struggle with anger, stress, anxiety, and depression. In this arts-based workshop, we'll explore ways to encourage your child to express and manage these big emotions. We'll explore strategies and art activities that you can do with your child to support mindfulness and grounding.

To register: <https://bit.ly/DPSNbigF22>

Find our up-to-date schedule

www.dpsn.ca

Thursday Evenings

Discipline that Works—Without Yelling

Nov. 3—7:00–8:00 p.m. (Q&A continues until 8:30 p.m.)

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 differences between discipline and punishment, consequences, and your long-term goals for your children.

To register: <https://bit.ly/DPSNdisF22>

The Art of Distraction: Helping Your Child with ADHD Thrive

Nov. 10—7:00–8:00 p.m. (Q&A continues until 8:30 p.m.)

Do you wonder if your child has ADHD, or has your child been diagnosed with ADHD? Children with ADHD experience different challenges at home, school and in the community that can be stressful and overwhelming for families. This workshop will provide you with greater knowledge of what ADHD is, its symptoms and signs, and its impact on children. We'll explore common ADHD challenges and share practical ways to manage impulsive behaviours, improve focus and regulation, and build more positive relationships. You'll leave with effective strategies and understanding to help make parenting a child with challenging behaviours and ADHD a little easier.

To register: <https://bit.ly/DPSNaddF22>

NOTE: Any information provided on our website, emails or during our workshops is for educational and information purposes only, and is not specific to individual circumstances. It is not intended to replace professional therapy, counselling, legal advice and/or any other individual-specific advice. Neither Dufferin Parent Support Network, our facilitators or any of our partners or affiliates are liable for any act or omission taken in reliance upon any information provided by DPSN.



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