

# Online! September–Mid-October

## Fall 2022 Workshops

### Calming the Conflict: Personality and Family Dynamics

Thursdays, September 29 and October 6 (two parts)

7:00–8:00 p.m. + ½ hour Q&A

Join us for this two-part workshop, where we'll look at the mix of personalities in our homes and how they interact. We'll explore what triggers us when these personalities conflict and ways to react differently so that we can remain at our best and help our children remain at their best. We'll examine the indicators of each personality in the first week and, in the second, explore how each personality can set us off and how we can best manage our own, and our children's, big emotions.

Facilitator: Lynn Hand, Parent Educator

To register: <https://bit.ly/DPSNconfF22>



### Taming the Dragon: Stress and Anger Management

Wednesday, October 12, 7:00–8:00 p.m. + ½ hour Q&A

Many people are feeling stressed and overwhelmed these days. Children may show this through anger or acting out. Parents may feel exhausted or more short-tempered. We'll discuss anger and stress management strategies for both parents and children to help us all manage these difficult emotions. You'll also learn to recognize your own anger triggers and how to release anger safely so you can lead by example. We'll also discuss "damage control" solutions both adults and children can use when we've lost our cool.

Facilitator: Nichole MacPherson, Behaviour Consultant

To register: <https://bit.ly/DPSNangF22>



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

Monday, October 17, 7:00–8:00 p.m. + ½ hour Q&A

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.

Facilitator: Victoria Bazely, Registered Social Worker

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



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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