



VIRTUAL MEETING NOTES

Date | time February 12, 2019 via email

- Spring Workshops:
 - 12 workshops booked for Spring
 - Positive Parenting from Two Homes (Wednesday evening)—8 people registered so far
 - Positive Parenting from Two Homes session #2—probably in May
 - Surviving/Thriving in the Teen Years (Tina/County)—2 sessions, early June
 - Parenting from the Same Page (Tina/County)—1 session, May
 - Parenting Your Child with Autism Spectrum Order (Kerry's Place)—1 session, April 9
 - Understanding a New Autism Spectrum Disorder Diagnosis (Kerry's Place)—1 session, May 28
 - Discipline that Works—Without Yelling (Kolleen)—2 sessions (April)
 - Understanding Challenging Behaviour (Kolleen)—2 sessions (May)
 - Communication—title TBD (Nichole)—2 or 3 sessions
 - Helping Your Child with Anxiety (Lynne Fadden)*—1 session (April)
 - Debbie Rodrigues, topic to be determined*—1 session
 - Managing the big emotions (Rapinder)*—1 session
 - Rapinder and Lynne F have offered to do 2 sessions of their workshops. Board Members discussed and liked the idea of offering their workshops early in the Spring and if they have good responses we can add another offering of the workshops later in the Spring.
 - Laura had a few suggestions for potential additional workshops we could offer:
 1. Devices/Screen Time and setting boundaries—how much is too much, etc.
 2. Parenting as a Team, Even When You Live Apart—Lynn Hand
 3. Five Love Languages—Lynn Hand (depends on her availability—will know this week)
 4. Blended Families—Lynn Hand (depends on her availability—will know this week)
 5. Nutritionist—eating difficulties or another topic
 - Board discussed and likes the Devices/Screen time, Blended Families and Nutritionist workshops as potential workshops to offer
 - Laura asked Board Members about setting a limit on workshop offerings and how many is too many?
 - Both Phyllis and Barbara suggested creating a spreadsheet to keep track of workshop budget and facilitators to track cost/attendance etc.
 - Laura liked the idea and has started creating the spreadsheet

Next Meetings

- March 18
- April 8
- May 13
- June 17