



Parenting Workshop Series Summer 2012

Peel Children's Centre is pleased to announce our 2012 Summer Parenting Workshop Series. This summer we are offering 16 two-hour workshops designed to:

- Share current information with parents on specific topics;
- Provide an opportunity for parents to discuss issues with other parents who have similar concerns; and
- Inform parents about other community resources/supports.

Workshops are offered **free of charge** and are scheduled Monday through Thursday evenings in July and August. Parents are encouraged to attend as many workshops as are of interest to them. Workshops will be facilitated by Peel Children's Centre staff. Limited childcare spaces are also available for all workshops.



The location for all workshops is Peel Children's Centre. **To register** for any of these parenting workshops, please call **Mental Health Services for Children and Youth** (Centralized Intake) at **905-451-4655**.

Parenting Young Children

PARENTING THE YOUNG EXPLOSIVE CHILD (4 – 7 years)

Tuesday July 17, 6:30 – 8:30 pm or

Tuesday July 31, 6:30- 8:30

Some children have difficulty tolerating frustration and solving problems. Learn how to prevent meltdowns, set realistic behavioural expectations, and help your child learn how to problem-solve with you to manage their emotions.

HELPING YOUNG CHILDREN COPE WITH FEARS (toddler – 6 years)

Monday July 23, 6:30 – 8:30 p.m.

Children can experience fears that are normal at various ages yet these can still feel distressing for parent and child. Learn how to respond to your child's fears to help your child feel safe, secure and able to manage their fears with less distress.



HELPING YOUR CHILD MAKE FRIENDS (4 – 7 years)

Monday July 9, 6:30 – 8:30 pm

Making and maintaining friendships can be a challenge for some children. Learn how to create opportunities for your child to have successful interactions with peers and how to coach them through conflicts and other social challenges.



Parenting School-Age Children and Young Teens

HELPING CHILDREN DEAL WITH BULLYING (school-age)

Tuesday July 3, 6:30 – 8:30 pm

Bullying is a serious problem children experience today. Learn how to help your child cope whether they are the bully, the victim or the bystander. Learn to recognize cyber bullying and how to protect your child and help them be responsible in the cyber world.



TAMING TEMPERS (8 – 12 years)

Thursday July 5, 6:30 – 8:30 pm or

Monday July 30, 6:30 – 8:30 pm

Managing one's temper is a skill all children must develop. Learn how to help your child use problem-solving skills, effective communication and relaxation techniques so they can manage their temper more successfully.

PARENTING IN THE EARLY TEEN YEARS (12 – 14 years)

Tuesday July 10, 6:30 – 8:30 pm

Developmental changes in the early teen years impact the teen's needs and behaviours, as well as presenting challenges for parents. Learn strategies to cope with your teen's struggles for independence and to maintain a healthy relationship with your teen.

PREPARING CHILDREN FOR BACK-TO-SCHOOL

Monday August 13, 6:30 – 8:30 pm

The beginning of the school year can raise many worries for children as they face new expectations and changes. Learn how to plan ahead and problem-solve for this stressful transition to help make back-to-school more successful.



General Parenting

POSITIVE PARENTING STRATEGIES

Monday July 9, 6:30 – 8:30 pm or

Thursday July 26, 6:30 – 8:30 pm or

Monday August 13, 6:30 – 8:30 pm

Learn strategies for being a nurturing, understanding and reasonable parent. These positive parenting strategies encourage cooperation and responsibility, promote positive self-esteem and self confidence, as well as prepare children to better respond to life's challenges.



MANAGING CHALLENGING BEHAVIOURS

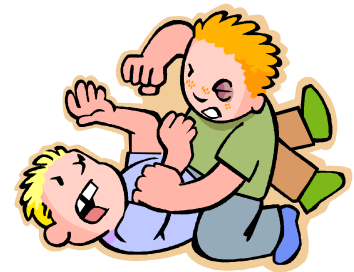
Tues. July 3, 6:30 – 8:30 pm or
Mon. July 16, 6:30 – 8:30 pm or
Thurs. August 9, 6:30 – 8:30 pm

Some childhood behaviours present significant challenges for parents. Learn how to increase positive behaviour, compliance and cooperation. Also learn how to respond to aggression, disruptive and disrespectful behaviour.

MANAGING CONFLICT IN FAMILIES

Thurs. July 12, 6:30 – 8:30 pm or
Tues. August 7, 6:30 – 8:30 pm

Conflict happens in every family. Learn what triggers conflict in your family and how to resolve conflicts between siblings and between parents and their children. Learn how to avoid conflicts and create a peaceful home environment.



BUILDING SELF-ESTEEM IN FAMILIES

Thurs. July 19, 6:30 – 8:30 pm or
Thurs. August 2, 6:30 – 8:30 pm

Children who feel good about themselves seem to have an easier time handling conflicts and resist negative pressures. Learn practical strategies to help build your child's self-esteem and self-confidence.

Special Issues for Families

STRATEGIES FOR CHILDREN WITH ADHD (4 – 12 years)

Thursday July 5, 6:30 – 8:30 pm or
Tuesday July 24, 6:30 – 8:30 pm

ADHD can impact the social, emotional, behavioural and academic areas of the child's life. Learn specific parenting strategies to help manage the symptoms of ADHD and increase the child's ability to be more successful in all areas of his life.

HELPING THE ANXIOUS CHILD (school-age & teens)

Tuesday July 10, 6:30 – 8:30 pm or
Tuesday August 7, 6:30 – 8:30 pm

Anxiety is a problem when it affects the child's ability to learn, make friends and have fun. Learn parenting strategies to help your child take control of their anxious feelings and use skills to help them cope more successfully with their fears.





MANAGING STRESS IN FAMILIES & BUILDING RESILIENCE IN FAMILIES

Tues. July 17, 6:30 – 8:30 pm or
Tues. July 31, 6:30 – 8:30

Stress can have a significant impact on the overall health and functioning of families. Learn practical strategies to manage stress in healthy ways which will enhance family life and your child's ability to manage their own life stresses.



SUPPORTING CHILDREN THROUGH DIVORCE

Tuesday July 24, 6:30 – 8:30 pm

When parents separate, children can experience many changes and emotions. Learn to identify the signs of stress in your child and specific things you can do to help your child manage their feelings and learn to cope effectively with the changes in their family.

BUILDING RELATIONSHIPS IN STEPFAMILIES

Thursday August 2, 6:30 – 8:30 pm

When a parent re-partners there can be challenges for all members in this new family. Learn how to handle common issues of loyalty binds, trust, mutual respect, discipline, and authority to create a successful stepfamily.

PARENTING & YOUTH SUBSTANCE USE

Thursday July 19, 6:30 – 8:30 pm

Substance use is an issue concerning to many parents and youth today. Learn more about substance use and how to talk to your young person about drug and alcohol use.



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Peel Children's Centre is grateful to receive generous financial support from **RBC Foundation** for our Group Services, including this Parenting Workshop Series.



RBC Foundation®