



# Summer Parenting Workshops 2015

Peel Children's Centre presents the 2015 Summer Parenting Workshop Series. Our Parenting Workshops consist of one night two-hour sessions designed to:

- **Share current information with parents on specific topics of interest**
- **Provide an opportunity for parents to discuss issues with other parents**
- **Inform parents about other community resources or supports.**

Workshops are free of charge and are located at Peel Children's Centre. 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.



**To register** for any of these Parenting Workshops, please call  
**Mental Health Services for Children and Youth** (Centralized Intake) at

**905-451-4655**

unless another phone number is given.



## ***PARENTING YOUNG CHILDREN***

### **Parenting the Young Explosive Child (4 - 7 years)**

*Wednesday July 15, 6:30 - 8:30 pm or  
Tuesday August 4, 6:30 - 8:30 pm*



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

### **Helping Young Children Cope with Stress and Anxiety (Toddlers - 7 years)**

*Wednesday July 22, 6:30 - 8:30 pm*

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 and worries to help your child feel safe, secure and able to manage these feelings with less distress.





### Helping Your Child Make Friends (4 – 7 years)

Wednesday July 8, 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.

### Teaching Young Children Cooperation Skills

Thursday July 16, 6:30 – 8:30 pm

Young children learn skills such as cooperation, taking turns, and patience through play. Play also provides parents with important opportunities to coach, model and encourage their child's appropriate behaviour. Learn how to be involved in your child's play in order to reinforce these skills, increase cooperation and reduce behavioural problems.

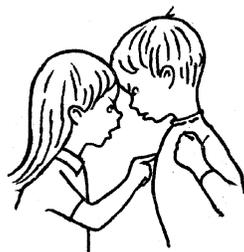


## PARENTING SCHOOL-AGED CHILDREN

### Managing Challenging Behaviours

Monday July 6, 6:30 – 8:30 pm or  
Tuesday July 21, 6:30 – 8:30 pm

Some childhood behaviours present significant challenges for parents to manage. Learn how to effectively respond to noncompliant, aggressive, disruptive and disrespectful behaviour.



### Dealing with Family Conflict

Monday July 13, 6:30 – 8:30 pm or  
Thursday July 30, 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

Thursday July 9, 6:30 – 8:30 pm or  
Monday July 20, 6:30 – 8:30 pm

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

### Strategies for ADHD (4 – 12 years)

Tuesday July 14, 6:30 – 8:30 pm or  
Thursday July 30, 6:30 – 8:30 pm

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



### Parenting Your Anxious Child

Thursday July 16, 6:30 – 8:30 pm or  
Monday July 27, 6:30 – 8:30 pm

Anxiety is a problem when it affects a 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 and excessive worries.



### Coping with Stress in Families

Tuesday July 14, 6:30 – 8:30 pm or

Tuesday July 28, 6:30 – 8:30 pm



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

### Helping Kids Manage Anger

Thursday July 9, 6:30 – 8:30 pm or

Wednesday July 29, 6:30 – 8:30 pm

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



### Preparing Children for Back-To-School

Wednesday August 5, 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.

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.

## PARENTING PRE-TEENS & TEENS

### Parenting in the Early Teen Years (12 – 14 years)

Wednesday July 8, 6:30 – 8:30 pm or

Tuesday July 28, 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.

### Social Media Survival Skills for Parents

Monday July 13, 6:30 – 8:30 pm

Let's face it: social media is a part of our everyday world. Although preteens and teens may know a lot more than their parents when it comes to navigating Facebook,



Instagram, Twitter, Tumblr or Ask.FM, they don't always show the maturity and judgment to use these powerful tools in responsible ways. This workshop is a practical discussion about what you should know when it comes to your children and technology, and what you can do to keep the lines of communication open.

### Understanding Teen Self-Harm

Wednesday July 15, 6:30 – 8:30 pm

Self-harming behaviour is becoming more common with teens today. Understanding self-harm is an essential first step to helping teens be safe. Learn to identify the warning signs, reasons for self-harm and what you can do to support teens and help reduce their self-harming behaviour.

### Parenting & Youth Substance Use

Tuesday July 21, 6:30 – 8:30 pm

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





## GENERAL PARENTING SUPPORT

### Positive Parenting Solutions

Tuesday July 7, 6:30 – 8:30 pm or  
Thursday July 23, 6:30 – 8:30 pm

Balancing nurturance and understanding in parenting with setting reasonable expectations and discipline can be challenging, but is important in raising children today. Learn positive parenting strategies that will encourage cooperation and responsibility while promoting self-esteem and self-confidence.



### Solo Parenting

Wednesday July 29, 6:30 – 8:30 pm

Single parenting comes with its own set of challenges for both the child and the parent. Learn parenting strategies to help balance your needs with those of your children, cope with stress and develop an effective support network for your family.

### Just For Moms

Wednesday August 5, 6:30 – 8:30 pm

Being a parent can be very stressful. As such, it is important to take care of yourself so you can meet the demands of parenting. Learn how to manage stress in order to bring balance to your life. Celebrate your strengths and feel good about being you!



### Just for Dads

Thursday August 6, 6:30 – 8:30 pm



Fathers experience many pressures and stress in their role in today's family. Learn how to manage the challenges in fathering. Celebrate the importance of the role fathers play in their children's lives.

Peel Children's Centre thanks **RBC Foundation** for its generous financial support for our Group Services.



RBC Foundation®