

MANAGING CHALLENGING BEHAVIOURS

**Mon. July 11, 6:30 – 8:30 pm or
Wed. August 3, 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 and disrespectful behaviour.

MANAGING CONFLICT IN FAMILIES

**Wed. July 20, 6:30 – 8:30 pm or
Thurs. August 4, 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

**Mon. July 18, 6:30 – 8:30 pm or
Thurs. August 11, 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 help build your child's self-esteem and self-confidence.

SPECIAL ISSUES FOR FAMILIES

STRATEGIES FOR CHILDREN WITH ADHD (4 – 12 years)

**Wednesday July 6, 6:30 – 8:30 pm or
Tuesday August 2, 6:30 – 8:30 pm**

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

HELPING THE ANXIOUS CHILD (school-age & teens)

**Wednesday July 13, 6:30 – 8:30 pm or
Wednesday August 10, 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

Wednesday July 27, 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 which will enhance family life and your child's ability to manage their own life stresses.

SUPPORTING CHILDREN THROUGH DIVORCE

Tuesday July 12, 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

Tuesday July 19, 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.

* * * * *

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®



PARENTING WORKSHOP SERIES

SUMMER 2011

Peel Children's Centre is pleased to announce our 2011 Summer Parenting Workshop Series. This summer we are offering 16 newly developed 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. Childcare is also available for all workshops.

The location for all workshops is Peel Children's Centre. To register for any or all of these parenting workshops, please contact the Coordinator, Group Services at 905-795-3500 Ext.2228.

Peel Children's Centre

85A Aventura Court
Mississauga, ON
L5T 2Y6

(SE corner of Derry Rd & Hurontario St)

Phone: 905-795-3500

www.peelcc.org

Charitable Business Number:
11908 7807 RR0001

PARENTING YOUNG CHILDREN

PARENTING THE YOUNG EXPLOSIVE CHILD (4 – 7 years) Thursday July 21, 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 how to problem-solve with you.

HELPING YOUNG CHILDREN COPE WITH FEARS (toddler – 6 years) Tuesday July 26, 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) Thursday July 7, 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 & YOUNG TEENS

HELPING CHILDREN DEAL WITH BULLYING (school-age) Monday July 25, 6:30 – 8:30 pm

Bullying is a serious problem children experience today. Learn how to help your child cope with bullying, as well as how to deal with your child if they are the bully or the bystander.

TAMING TEMPERS (8 – 12 years) Thursday July 14, 6:30 – 8:30 pm or Monday August 8, 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 5, 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 Tuesday August 9, 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 4, 6:30 – 8:30 pm or Thursday July 28, 6:30 – 8:30 pm

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

See over for more workshops