



# Summer Parenting Workshops 2017

Peel Children's Centre presents the 2017 Summer Parenting Workshop Series. Our Parenting Workshops consist of one night/two-hour sessions designed to:

- Educate parents on specific topics of interest
- Foster conversation and connection with other parents
- Inform parents about other community resources or supports



Workshops are free of charge and are held 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):

**905-451-4655**

unless another phone number is given.



## PARENTING YOUNG CHILDREN

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

Wednesday, July 12, 6:30 - 8:30 pm or  
Tuesday, August 1, 6:30 - 8:30 pm

Some children have difficulty tolerating frustration and solving problems. Learn how to prevent meltdowns, 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 19, 6:30 - 8:30 pm

Children can experience fears that are normal at various ages, yet these fears can still feel distressing for both 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)

Thursday, July 6, 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 13, 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

Tuesday, July 4, 6:30 - 8:30 pm or  
Thursday, July 20, 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 31, 6:30 - 8:30 pm

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



### Building Self-Esteem

Thursday, July 6, 6:30 - 8:30 pm or  
Tuesday, July 18, 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)

Wednesday, July 5, 6:30 - 8:30 pm or  
Tuesday, July 25, 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 13, 6:30 - 8:30 pm or  
Monday, July 24, 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.



### Helping Kids Manage Anger

Monday, July 10, 6:30 - 8:30 pm or  
Thursday, July 27, 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 2, 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.



## PARENTING PRE-TEENS & TEENS

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

Wednesday, July 26, 6:30 - 8:30 pm or

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

### Social Media Survival Skills for Parents

Monday, July 10, 6:30 - 8:30 pm

Let's face it: social media is a part of our everyday world. Although pre-teens 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

Monday, July 31, 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

Monday, July 17, 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 11, 6:30 - 8:30 pm or

Balancing nurturing and understanding in parenting with setting reasonable expectations and discipline can be challenging, but it 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 26, 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.



### Creating Connections: A Mother & Daughter Communication Workshop (11 - 13 years)

Tuesday, August 1, 6:30 - 8:30 pm

During the adolescent years, sometimes mother-daughter relationships become strained. The goal of this workshop is to provide mothers and daughters with an opportunity to practice respectful communication by using reflective listening, "I" statements, and affirmations. Creative interactive activities that mothers and daughters work on together will provide them with a visual reinforcement for some of their communication goals. Mothers and daughters will attend this workshop together.



### Just for Moms

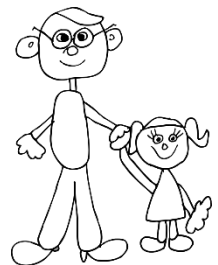
Thursday, August 3, 6:30 - 8:30 pm

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 3, 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.





# Girls' Summer Camps 2017



Girl groups aim to foster self-esteem, help girls maintain authentic connections with peers, and allow for genuine self-expression through verbal sharing and creative activities. Girls are encouraged to develop true relationships and friendships by promoting understanding, non-judgment, honesty, and respect in order to support each other through life experiences.

Girls are encouraged to express themselves through creative or focused activities, such as role-playing, journaling, poetry, drama, dance, drawing, collage, clay, and so on. Gender-specific themes and topics are introduced which relate to the girls' lives, such as being a girl, trusting ourselves, friendships, body image, goals, sexuality, drugs, alcohol, tobacco, competition, and decision-making.

To register or for further information, please call

Mental Health Services for Children and Youth  
**905-451-4655**

## **Go GRRLS Club (11 – 13 year olds)**

This program prepares pre-adolescent girls for the transition to adulthood by addressing critical milestones for their healthy development. Girls will explore gender-role identity, body image and positive self-image, peer relationships, decision-making, and sexuality. Activities, games, role-playing, discussion, and arts and crafts will be used to actively involve girls in this program.

**Location:** 85A Aventura Court  
Mississauga, ON

**Dates:** Tuesday, Wednesday, Thursday, Friday **OR** Monday, Tuesday, Wednesday, Thursday  
July 4<sup>th</sup> – July 7<sup>th</sup>, 2017 July 24<sup>th</sup> – 27<sup>th</sup>, 2017

**Time:** 1:00pm – 4:00pm

## **Girls Circle – Relationships with Peers (15 – 17 year olds)**

This program is designed to enhance girls awareness of their relationships with themselves and others. Girls will discover different ways of expressing themselves; learn how to except themselves for who they are; express their feelings, build healthy relationships; and deal with conflict. Journaling, role playing, sculpting and more are used to engage girls in this program.

**Location:** Peel Children's Centre  
85A Aventura Court, Mississauga, ON

**Dates:** Monday, Tuesday, Wednesday, Thursday, Friday  
July 10<sup>th</sup> – 14<sup>th</sup>, 2017

**Time:** 1:00pm – 4:00pm



## *Boys' Council Summer Camp 2017*



### **The Boys Council provides a framework for building resilient boys through:**

- Providing a place where boys can come together and engage in “guy talk” or discuss things specific to growing up and being a male in society
- Offering a safe place where boys have opportunities to be creative, express their ideas, and share their “true” selves without fear of being judged
- Creating an atmosphere where boys can build trust and supportive relationships with other males in order to overcome challenges and celebrate successes
- Gaining skills and knowledge to assist them in dealing with issues such as relationships, conflict, education, diversity and future planning

To register or for further information, please call:

Mental Health Services for Children and Youth  
**905-451-4655**

### **The Council: Standing Together – A Journey into Respect (9 – 11 year olds)**

This program aims to promote boys’ natural strengths, and to increase their options about being male in today’s world. The Council challenges myths about how to be a “real boy” or “real man”. It engages boys in activities, dialogue, and self-expression to question stereotypical concepts and to increase boys’ emotional, social, and cultural literacy by promoting valuable relationships with peers and adult facilitators.

**Location:** Peel Children’s Centre  
85 Aventura Court, Mississauga, ON

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday

**Date:** July 17<sup>th</sup> – 21<sup>st</sup>, 2017

**Time:** 1:00pm – 4:00pm