



## Summer Parenting Workshops 2018

Peel Children's Centre is pleased to present our Summer 2018 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;
- Foster opportunities for parents to discuss issues with other parents; and
- Inform parents about other community resources and supports.

Workshops are free of charge and held at Peel Children's Centre (85A Aventura Court, Mississauga). 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)**

*Thursday, July 12, 6:30 pm – 8:30 pm or  
Tuesday, July 24, 6:30 pm – 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.



#### **Teaching Young Children Cooperation Skills**

*Monday, July 30, 6:30 pm – 8:30 pm*

Young children learn skills like 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**

*Thursday, July 5, 6:30 pm – 8:30 pm or  
Monday, July 23, 6:30 pm – 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 30, 6:30 pm – 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**

*Tuesday, July 10, 6:30 pm – 8:30 pm or  
Thursday, July 26, 6:30 pm – 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 Children with ADHD**

**(4 – 12 years)**

*Tuesday, July 3, 6:30 pm – 8:30 pm or  
Wednesday, July 25, 6:30 pm – 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.

### **Helping Kids Manage Anger**

*Monday, July 9, 6:30 pm – 8:30 pm or  
Tuesday, July 31, 6:30 pm – 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**

*Thursday, August 2, 6:30 pm – 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)

Monday, July 16, 6:30 pm - 8:30 pm

Developmental changes in the early teen years impact a young person'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.

## GENERAL PARENTING SUPPORT

### Positive Parenting Solutions

Tuesday, July 17, 6:30 pm - 8:30 pm

As a parent, balancing nurturing and understanding with setting reasonable expectations and discipline can be challenging. Learn positive parenting strategies that will encourage cooperation and responsibility while promoting self-esteem and self-confidence.

### Solo Parenting

Wednesday, July 18, 6:30 pm - 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 Dads

Thursday, July 19, 6:30 pm - 8:30 pm

Fathers experience many pressures and stressors 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.



### Parenting Your Anxious Child (2-Part Workshop)

Wednesday, July 4, 10 am - 12 pm  
Wednesday, July 11, 10 am - 12pm

Learn more about what children's emotions are telling us and how anxiety affects their feelings, bodies, thoughts and behaviours. Explore helpful and unhelpful parenting strategies to support children to manage anxiety.

### Creating Connections: A Mother - Daughter Communication Workshop (11 - 14 years)

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



During the adolescent years, sometimes mother-daughter relationships can 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 will work on together will generate visual reinforcements of their communication goals. Mothers and daughters will attend this workshop together.

### Just for Moms

Thursday, July 19, 6:30 pm - 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!