



Positive Parenting

One Night Workshops

CALL TO REGISTER! 519-884-0000



Inspiring presentations on key parenting issues that affect you will be addressed by our very own parent educators. Come join us at many convenient locations throughout the community.

To register for any of these presentations, please call KW Counselling Services at 519-884-0000. A contribution of \$2.00 per family can be made at the door.

Please register early as all the community presentations have limited seating. Hope to see you there!

Tips for Separated/Divorced Parents

Separated parents face unique challenges. This workshop will provide parents with effective strategies to deal with their own many emotions, their child's feelings and transitions between homes.

Chaplin Family YMCA
250 Hespeler Road, Cambridge
Tuesday, January 31, 2012
7:00 pm - 9:00 pm

Children's Temper Taming

Does your child always seem unwilling to co-operate at the worst possible times? Learn more about why these tantrums may be occurring and possible strategies to deal with these challenging behaviours.

St. Jacob's Public School
72 Queensway Drive, St. Jacobs
Wednesday, February 8, 2012
7:00 pm - 9:00 pm

Build Character, Build Self-Esteem

When we live our lives to our fullest potential, a natural outcome is feeling good about who we are and what we contribute. This workshop is filled with simple tips and practical ideas for parents to create an atmosphere of self-fulfillment, joy, encouragement and harmony in our homes!

Our Place Family Resource and Early Years Centre
154 Gatewood Road, Kitchener
Monday, February 27, 2012
6:00 pm - 8:00 pm

Good Discipline, Good Kids

This workshop helps you get past the daily power struggles with your children. It will show you how to engage cooperation with them, set realistic expectations/limits, problem solve and use alternatives to punishment.

KW Counselling Services
480 Charles Street East, Kitchener
Thursday, March 1, 2012
7:00 pm - 9:00 pm

Temper Taming: Just For Kids!

8 weeks

Anger is a powerful emotion. Sometimes it's hard to control, and sometimes it becomes destructive. But, properly understood and managed, anger can be healthy and constructive. These groups provide a 'tool kit' of strategies for successful problem solving. Children also learn about 'triggers', relaxation and positive communication.

Note: Parents and children are required to meet with group leaders before acceptance into the group.

KW Counselling Services
480 Charles Street East, Kitchener

Primary (6-8 years)
Tuesdays, January 31 - March 27
6:00 pm - 7:30 pm
Note: No Class March 13

Junior (9-11 years)
Tuesdays, January 31 - March 27
6:00 pm - 7:30 pm
No Class March 13

Teen (11-13 years)
Wednesdays, February 1 - March 28
4:00 pm - 5:30 pm
No Class March 14

CALL TO REGISTER:
519-884-0000



KW Counselling Services
No Appointment Necessary
Walk-In Counselling Clinic
For Individuals, Couples and Families
Thursdays 12-6 pm

Parent Group Fee and Registration Information

Fees are based on your annual family income, unless otherwise stated. Fees will be determined when you register.

Pre-registration is required. Registration and payment is available on our website kwcounselling.com or by telephone 519-884-0000. Please make cheques payable to KW Counselling Services.

Registration deadline is one week before the group begins. Classes will be offered provided there is sufficient registration.

If you would like to support "Parenting with Passion" or other programs at KW Counselling Services, please call 519-884-0000 or visit kwcounselling.com/donate.

Our sincere thanks to the following supporters of the Parenting with Passion Programs:



"Together We Make a Difference"

KW Counselling Services

KW Counselling Services is open Monday to Thursday 8:30 am to 8:00 pm, Friday 8:30 am to 5:00 pm. Please call 519-884-0000 ext. 248 for further parenting information.



480 Charles Street East
Kitchener, Ontario N2G 4K5
519-884-0000, Fax 519-884-7000
info@kwcounselling.com
kwcounselling.com

Lyle S. Hallman Foundation
KW KIDS.com
Looking for events and groups to attend as a parent/caregiver or family? Visit kwkids.com! You can also post your free events for all KW parents. kwkids.com!

We are excited about this year's line-up of quality parent enhancement programs in partnership with:

The Lyle S. Hallman Foundation
Ministry of Children and Youth Services
United Way of Kitchener-Waterloo and Area
Kitchener Waterloo Community Foundation
Waterloo Region Record
Waterloo Region District School Board
Waterloo Catholic District School Board
Community Centres and Neighbourhood Associations
Ontario Early Years Centres
Region of Waterloo Public Health and Social Services
Lang's Farm Village Association
The Salvation Army Parent-Child Resource Centre

Parenting TIP



OFFER TO HELP ANOTHER PARENT BY LOOKING AFTER THEIR CHILD.

Parenting with Passion

2012 Winter Programs



Visit KW KIDS.com

KW Counselling SERVICES

Parenting Your Baby And Preschooler

REGISTER ONLINE at kwcounselling.com/eventlist



Parenting Your School Aged Child

REGISTER ONLINE at kwcounselling.com/eventlist



Parenting Your Teen Aged Child

REGISTER ONLINE at kwcounselling.com/eventlist



Common Transitions and Special Topics

REGISTER ONLINE at kwcounselling.com/eventlist



Parenting Your Toddler 6 weeks

Is your child walking but not yet talking? Interested in exploring new ways to support your active toddler? Join with other parents and share creative solutions to toddler issues from tantrums to toilet training.

The Salvation Army Parent-Child Resource Centre
75 Tillsley Drive, Kitchener
Thursdays, January 19 – February 23, 2012
1:00 pm – 3:00 pm

Parenting Children with ADHD 6 weeks

Share ideas and strategies with other parents. Increase your knowledge about children with ADHD (Attention Deficit Hyperactivity Disorder). Explore positive qualities of children with ADHD. Develop strategies to increase positive behaviour. Reduce aggressive behaviour. Encourage cooperation and solve problems. We will also address learning issues and how to work with your child's school.

Monsignor Gleason / St. John School
155 Westwood Drive, Kitchener
Mondays, January 16 – February 27, 2012
Note: No Class February 20
7:00 pm – 9:30 pm

Those Exciting Teen Years 6 weeks

This course will help you become involved in your teen's life in a way that your teen will welcome. Explore the challenges of parenting 13 – 18 year olds. Learn more about their growth and development. Help them make responsible choices, handle peer pressure and feel good about themselves. Learn how to communicate effectively with your teen, set clear boundaries, avoid conflicts and resolve problems.

Lincoln Avenue School
77 Lincoln Avenue, Cambridge
Thursdays, January 19 – February 23, 2012
7:00 pm – 9:30 pm

Strategies for Separated Parents 6 weeks

You're going through one of the biggest changes in your life! It's a difficult time for your child too. This course provides knowledge and skills to support your child. Learn the importance of caring for yourself in this new role too.

Monsignor Doyle Collegiate Secondary School
185 Myers Road, Cambridge
Tuesdays, January 24 – February 28, 2012
7:00 pm – 9:30 pm

Strong Moms, Safe Kids 10 weeks

Strong Moms, Safe Kids is a special parenting program for mothers who have been abused. Mothers gain understanding, knowledge and skills to help their children bounce back from the hurtful experience of witnessing their abuse. Through sharing, children learn that they are not alone and that support is nearby. Strong Moms, Safe Kids facilitators are from many cultures, with different languages and backgrounds. They dedicate their training and experiences to the unique needs of ethno-cultural families.

KW Counselling Services
480 Charles Street East, Kitchener
Wednesdays, Jan. 18 – Mar. 28
5:30 pm – 8:00 pm *Free of Charge*

Funding for this program is provided by the Ministry of Community and Social Services.

Families with Special Needs

Join other parents and caregivers to share ideas and strategies for parenting a child with special needs. Learn ways to enhance family communication, address self esteem, promote self-care and discover strategies around behaviour and discipline. This program is in partnership with the Waterloo Region Family Network.

Tuesday, January 10, 2012
Thursday, March 1, 2012
7:00 pm – 9:00 pm
Location To Be Determined



This program will meet twice in the Fall, twice in the Winter, and twice in the Spring.

Learn ways to improve communication, discipline, self-esteem and more! Join other parents to share the opportunities and challenges of maintaining your culture while parenting children in Canada.

Mandarin-Grandparenting in Two Cultures 6 weeks
Mount Zion Lutheran Church
29 Westmount Road South
Saturdays, February 5 – March 4, 2012
1:30 pm – 4:30 pm

Parenting programs are available in Polish, Portuguese, Somali, Arabic, Spanish, Chinese, Hindu, Urdu, Punjabi, Sinhali, Tamil, Serbo-Croatian as requested. If you have an identified group of parents, please let us know and we can arrange programs that meet your specific needs.



Parenting Your School Aged Child

REGISTER ONLINE at kwcounselling.com/eventlist

From Conflict to Cooperation 6 weeks

Bedtime. Chores. Homework. Sibling bickering. These and other hassles with your children can bring you to the boiling point. This strategy packed course will give you ideas for handling this conflict with your children, according to your own unique personality.

Lincoln Heights Public School
270 Quickfall Drive, Waterloo
Thursdays, January 26 – March 1, 2012
7:00 pm – 9:30 pm



Controlling the Volcano Within 8 weeks

Many parents feel angry sometimes. Children feel angry too! Join other parents and learn how to recognize your own anger patterns, model healthy ways of expressing anger and teach children to manage their emotions in effective ways that will last a lifetime!

KW Counselling Services
480 Charles Street East, Kitchener
Tuesdays, January 31 – March 27, 2012
Note: No Class March 13
6:00 pm – 7:30 pm

Discipline by Design: Parenting Your School Aged Child (5-12 years) 6 weeks

Self-esteem, effective communication, and discipline are the building blocks of a rewarding parenting experience. Learn to set realistic expectations/limits, encourage cooperation, and stimulate responsibility and independence. Design a parenting style that deepens your relationship with your child now and for the future.

Alpine Public School
75 Lucerne Drive, Kitchener
Tuesdays, January 24 – February 28, 2012
7:00 pm – 9:30 pm

Sharpen Your Parenting Skills in a Day

REGISTER ONLINE at kwcounselling.com/eventlist



The Heart of Parenting One Day Workshop

Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and in life. But children also need to master their emotions. This workshop will provide the opportunity to:

- Understand the consequences of failing to learn the basics of emotional intelligence.
- Assess your current emotional coaching style.
- Learn the steps of emotion coaching so that you can raise an emotionally intelligent child.

KW Counselling Services
480 Charles Street East, Kitchener
Friday, February 10, 2012
9:00 am – 4:00pm



Multicultural Parenting Groups

REGISTER ONLINE at kwcounselling.com/eventlist