

Fall 2017 Parenting with Passion



Registration begins Wednesday, September 13 2017
 email parenting@kwcounselling.com



*Subsidies are available upon request for all courses.
 Please ask at time of registration.*



CORE PARENTING COURSES

(multi week programs)

Title	Dates	Time	Location/Address
Parenting Babies and Toddlers (4 weeks, \$80.00) Welcome to parenting! This course will give you practical strategies for building a strong relationship with your baby. Develop the skills and knowledge to give your baby the best start possible.	Tuesdays, October 3 to October 24, 2017	1:30 pm – 3:30 pm	KW Counselling Services 480 Charles Street East, Kitchener
Anger Management for Parents (6 weeks, \$90.00) Parents feel angry sometimes. So do kids! Join other parents and learn how to recognize your own anger patterns, model healthy ways of expressing anger, and help your children learn to manage their emotions effectively by developing skills that will last a lifetime.	Thursdays, October 5 to November 9, 2017	6:30 pm – 8:00 pm	KW Counselling Services 480 Charles Street East, Kitchener
Parenting Your 6-12 Year Old (5 weeks, \$100.00) These middle childhood years bring tremendous change! Develop the skills to help your child thrive—at school, with friends, in the community and at home. Learn how your relationship with your child continues to be the most important component of his or her growth and development.	Wednesdays, October 25 to November 22, 2017	6:30 pm – 8:30 pm	KW Counselling Services 480 Charles Street East, Kitchener

SHARPEN YOUR PARENTING SKILLS IN A DAY

(Single daytime workshops)

Title	Dates	Time	Location/Address
Connecting With Our Kids (formerly Trusting Loving Connections) (\$50.00) This full day workshop goes to the very heart of parenting: our relationships with our children. Parents will explore the foundations of healthy attachment, how it relates to brain development, and how children's behaviour and emotions are often expressions of attachment needs. Throughout, you will learn practical ways to guide and support your growing child or teen.	Saturday, October 28, 2017	10:00 am – 3:00 pm	KW Counselling Services 480 Charles Street East, Kitchener
Connected Dads (\$50.00) Dads play a unique, important and changing role in their families today. Join a group of fathers to learn about child development and parenting skills. Build upon your strengths and potential to become the best dad you can be!	Saturday, November 18, 2017	10:00 am – 3:00 pm	KW Counselling Services 480 Charles Street East, Kitchener
Raising Your LGBTQ+ Child/Teen (\$30.00) This workshop is designed to address the unique challenges that may face the LGBTQ+ family. Within a positive and open environment, parents will learn practical skills to encourage open communication, support and guide the emotional experiences of children and teens and provide structure and limits that help children flourish. Parents will have the opportunity to connect with others, share resources and strategies, and learn from each other.	Saturday, December 2, 2017	10:30 am – 1:30 pm	KW Counselling Services 480 Charles Street East, Kitchener

POSTIVE PARENTING SEMINAR SERIES

(free single evening workshops)

Title	Dates	Time	Location/Address
From Argument to Agreement (Free) 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.	Wednesday, October 18, 2017	6:30 pm – 8:30 pm	St. David Catholic Secondary School 4 High Street, Waterloo
Positive Discipline, Cooperative Kids (Free) This workshop will help you get past daily power struggles with your children. It will show how you can encourage cooperation, set realistic expectations/limits, and problem-solve using positive discipline strategies.	Wednesday, October 25, 2017	6:30 pm – 8:30 pm	Centreville Chicopee Community Centre 141 Morgan Avenue, Kitchener
Children and Stress (Free) Children get stressed, too! Whether it is busy schedules, feeling unable to meet expectations, conflict in relationships, daily worries, or any other challenge, our kids can be affected by stress in the same way we are. This workshop will help you identify signs that your child is feeling stressed and give you strategies to help your child deal positively with stress.	Wednesday, November 8, 2017	6:30 pm - 8:30 pm	St. Benedict Catholic Secondary School 50 Saginaw Parkway, Cambridge
Children and Anxiety (Free) As parents, we expect that our children will experience fear or anxiety from time to time. Sometimes, though, childhood fears and anxieties are bigger than we expect and leave us at a loss for how to respond. This workshop will help you understand what to do when your child is experiencing fear or anxiety, and how you can help your child to develop skills for understanding and managing these.	Thursday, December 14, 2017	6:30 pm – 8:30 pm	Doon Pioneer Park Community Centre 150 Pioneer Drive, Kitchener

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