

Spring 2015

Parenting with Passion



Celebrating Change!

Registration begins April 2, 2015

Subsidies are available upon request for all courses.

Contact Us
519.884.0000

Please ask at time of registration.

MULTI-WEEK COURSES

Title	Dates	Time	Location	Address
Controlling the Volcano Within (\$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 life-time!	Tuesdays, April 14 to May 19, 2015	6:00 pm – 7:30 pm	KW Counselling Services	480 Charles St. East, Kitchener
Positive Discipline, Cooperative Kids (\$80.00) 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.	Mondays, April 20 to May 11, 2015	6:30 pm – 8:30 pm	Breithaupt Community Centre	350 Margaret Ave., Kitchener
Cooperative Parenting and Divorce (\$80.00) This program focuses on putting your child first, and developing a positive long-term relationship with your child's other parent. Topics include children's issues in divorce, managing anger, resolving conflicts and effective communication.	Wednesdays, May 6 to May 27, 2015	6:30 pm – 8:30 pm	Mill-Courtland Community Centre	216 Mill St., Kitchener
Parenting Babies and Toddlers (\$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.	Thursdays, May 7 to 28, 2015	1:30 pm - 3:30 pm	YMCA Ontario Early Years Centre	161 Roger St., Waterloo

SHARPEN YOUR PARENTING SKILLS IN A DAY

(Single day workshops)

Title	Dates	Time	Location	Address
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 behavior and emotions are often expressions of attachment needs. Throughout, you will learn practical ways to guide and support your growing child or teen.	Friday, April 17, 2015	10:00 am – 3:00 pm	KW Counselling Services	480 Charles St. East, Kitchener
Raising Socially & Emotionally Intelligent Kids (\$50.00) We understand the importance of equipping children with the intellectual skills they need to succeed in school and life, yet children also need skills to master their emotional and social worlds. This workshop explores emotional and social intelligence, and the skills needed to navigate social and emotional experiences.	Friday, June 12, 2015	10:00 am – 3:00 pm	KW Counselling Services	480 Charles St. East, Kitchener

POSITIVE PARENTING SEMINAR SERIES

(Single evening workshops – Free of Charge)

Title	Dates	Time	Location	Address
<p>Building Self-Esteem (Free)</p> <p>Nothing is more important to a child’s future than his/her own sense of self-worth. This workshop encourages parents to be more conscious of the subtle (and not so subtle) ways they affect their child’s self-esteem. Learn realistic, practiced, and proven techniques for nurturing your child’s self-esteem.</p>	Wednesday, April 29, 2015	6:30 pm - 8:30 pm	KW Counselling Services	480 Charles St. East, Kitchener
<p>Talking to Your Teens about Sexual Health (Free)</p> <p>Many parents struggle with talking to their children about sex. However, Sexual Health education is not just about sex. It includes information about relationships, decision making, well-being and behaviours. This workshop will provide you with the tools and resources to enable you to become your child’s go-to person for sexual health information, share your values and beliefs, and learn how to take advantage of teachable moments.</p>	Thursday, April 30, 2015	7:00 pm - 9:00 pm	KW Counselling Services	480 Charles St. East, Kitchener
<p>From Argument to Agreement (Free)</p> <p>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.</p>	Tuesday, May 26, 2015	6:30 pm - 8:30 pm	St. Nicholas Catholic School	525 Laurelwood Dr., Waterloo
<p>Great Kids, Big Feelings (Free)</p> <p>This workshop will explore why big feelings (and big behaviours) occur, looking at how emotions are rooted in our relationships and interactions with our kids. You will learn positive strategies for responding “in the moment”, as well as how to help your child or teen develop skills for understanding and expressing their own strong emotions.</p>	Wednesday, June 3, 2015	6:30 pm - 8:30 pm	St. Benedict High School	50 Saginaw Parkway, Cambridge

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