

# Winter 2016 Parenting with Passion



Registration begins January 5, 2016

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
<b>Cooperative Parenting and Divorce</b> (4 weeks, \$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.	Mondays, January 18 to February 8, 2016	6:45 pm - 8:45 pm	Centreville Chicopee Community Centre	141 Morgan Avenue, Kitchener
<b>Controlling the Volcano Within</b> (6 weeks, \$120.00) 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!	Wednesdays, January 20 to February 24, 2016	6:30 pm - 8:30 pm	KW Counselling Services	480 Charles Street East, Kitchener
<b>Parenting Babies and Toddlers</b> (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.	Thursdays, January 28 to February 18, 2016	10:00 am - 12:00 noon	KW Counselling Services	480 Charles Street East, Kitchener
<b>Parenting Your 6 - 12 Year Old</b> (6 weeks, \$120.00) 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.	Tuesdays, February 2 to March 8, 2016	6:30 pm - 8:30 pm	KW Counselling Services	480 Charles Street East, Kitchener
<b>Positive Discipline, Cooperative Kids</b> (4 weeks, \$80.00) This course 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.	Wednesdays, February 3 to 24, 2016	6:30 pm - 8:30 pm	Breithaupt Community Centre	350 Margaret Ave. Kitchener

## SHARPEN YOUR PARENTING SKILLS IN A DAY (Single day workshops)

Title	Dates	Time	Location	Address
<b>Trusting Loving Connections</b> (\$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, January 22, 2016	10:00 am - 3:00 pm	KW Counselling Services	480 Charles Street East, Kitchener

<p><b>Raising Socially and Emotionally Intelligent Kids</b> (\$50.00)</p> <p>We understand the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need skills to master their emotional and social worlds. This workshop will give parents an opportunity to gain an understanding of emotional and social intelligence, and the skills to support their children as they navigate their social and emotional experiences.</p>	<p>Saturday, March 5, 2016</p>	<p>10:00 am - 3:00 pm</p>	<p>KW Counselling Services</p>	<p>480 Charles Street East, Kitchener</p>
--	------------------------------------	-------------------------------	--	---

**POSITIVE PARENTING SEMINAR SERIES**

*(Single evening workshops – Sponsored by the Waterloo Region Record, Free of Charge)*

Title	Dates	Time	Location	Address
<p><b>Great Kids, Big Feelings</b> (Free)</p> <p>This workshop will explore why big feelings (and big behaviours) occur and how emotions are rooted in our relationships and interactions with our kids. You will learn positive strategies for responding “in the moment”, and for helping your child/ teen to develop skills for understanding and expressing strong emotions.</p>	<p>Wednesday, January 27, 2016</p>	<p>7:15 pm - 9:00 pm</p>	<p>Doon Pioneer Park Community Centre</p>	<p>150 Pioneer Drive, Kitchener</p>
<p><b>Helping Your Child Navigate Relationships</b> (Free)</p> <p>The social world that our children navigate is complex and challenging. Our children need to interact with peers, classmates, siblings, teachers, coaches, extended family—the list can go on and on. Sometimes these relationships are warm and friendly, yet at other times, conflict and tension can arise. This presentation will help you to understand the social challenges that children face, and help you learn, through the parent-child relationship, ways in which to guide and support your children in their social relationships.</p>	<p>Thursday, February 11, 2016</p>	<p>6:30 pm - 8:30 pm</p>	<p>KW Counselling Services</p>	<p>480 Charles St. East, Kitchener</p>
<p><b>Connecting with Your Teen &amp; Pre-Teen</b> (Free)</p> <p>Parents know that as kids get older, they become increasingly independent. But how can we stay close and connected despite our children’s growing desire for independence and separation? This workshop will explore how we can build and strengthen our relationships with our teens. Parents will learn constructive ways they can respond to the developmental needs of their growing children and the skills to keep those all important lines of communication open.</p>	<p>Tuesday, March 8, 2016</p>	<p>6:30 pm - 8:30 pm</p>	<p>Langs</p>	<p>1145 Concession Road, Cambridge</p>
<p><b>Raising Responsible Children</b> (Free)</p> <p>Raising children to be responsible goes beyond the issue of getting them to help with chores or be diligent with their homework. It goes to the very heart of our relationships and interactions with our children. From building responsibilities around the home to guiding children in their interactions ‘out-there’ in the world, this workshop will help you develop positive strategies with your child that will lay the foundation for developing the array of qualities associated with responsibility.</p>	<p>Thursday, March 10, 2016</p>	<p>6:30 pm - 8:30 pm</p>	<p>Resurrection Catholic Secondary School</p>	<p>455 University Avenue West, Kitchener</p>
<p><b>Parenting in Two Cultures</b> (Free)</p> <p>This seminar will explore the parenting challenges faced by many families as they raise children in a new – and often confusing – culture. Discover strategies for maintaining your cultural values and practices, while also understanding and respecting the new ways your kids are learning.</p>	<p>Thursday, March 10, 2016</p>	<p>6:00 pm – 8:00 pm</p>	<p>Victoria Hills Community Centre</p>	<p>10 Chopin Drive, Kitchener</p>

**Thank you to our generous sponsors:**



**United Way**  
Kitchener Waterloo & Area

**C O P P**  
COMMUNICATIONS



