

Spring 2018 Parenting with Passion



Registration begins Monday, April 16, 2018
 e-mail parenting@kwcounselling.com



*Subsidies may be available upon request.
 Please ask at time of registration.*



CORE PARENTING COURSES

(multi-week programs, certificates are given)

Title	Dates	Time	Location/Address
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.	Mondays, April 30 to June 11, 2018 (no class on May 21)	6:30pm – 8:00pm	KW Counselling Services 480 Charles Street East Kitchener
Positive Discipline, Cooperative Kids (4 weeks, \$80.00) This program 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, May 30 to June 20, 2018	6:30pm – 8:30pm	KW Counselling Services 480 Charles Street East Kitchener

SHARPEN YOUR PARENTING SKILLS IN A DAY

(single daytime workshops, certificates are given)

Connecting with Our Kids (\$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, May 26, 2018	10:00am – 3:00pm	KW Counselling Services 480 Charles Street East Kitchener
Strategies for Separated Parents (\$50.00) This full day workshops 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.	Saturday, June 2, 2018	10:00am – 3:00pm	KW Counselling Services 480 Charles Street East Kitchener

POSTIVE PARENTING SEMINAR SERIES

(free single evening workshops, no certificates given)

Title	Dates	Time	Location/Address
<p>Children & Stress 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.</p>	Thursday, May 10, 2018	6:30pm – 8:30pm	KW Counselling Services 480 Charles Street East Kitchener
<p>Sex, Relationships, Technology & the Media: Talking to Teens About These Important Topics Many parents, guardians and care givers struggle with talking to children and teens about sex. However, sexual health education is not just about sex. It also includes information about relationships, decision making, health and well-being and peer pressure. As a parent, guardian and care giver you are in the best position to provide your child with valuable information. This workshop will provide you with the tools and resources to enable you to become a go-to person for sexual health information, share your values and beliefs, and learn how to take advantage of teachable moments.</p>	Thursday, May 24, 2018	6:30pm – 8:30pm	KW Counselling Services 480 Charles Street East Kitchener
<p>Encourage a Love of Learning Do you worry about your child’s academic achievement? Is your child worried about grades or test scores? Does your child resist going to school at times? Do you struggle to get your child to do homework, practice skills, or even seem interested in learning? In this workshop, we will shift the focus from achievement and “product” and will, instead, look at the process of learning. As a parent or an educator, you will learn practical skills to help children become excited about and open to learning. We will discuss how exploration, risk-taking and failure build resilience and help children develop important life-long learning skills. We will also explore how relationships create motivation for and openness to, learning.</p>	Tuesday, May 29, 2018	6:30pm – 8:30pm	Resurrection Catholic Secondary School 455 University Avenue West Kitchener
<p>Connecting with Our Teens Become involved in your teen’s life in a way that your teen will welcome! Learn how to keep the lines of communication open, and help them: make responsible choices, handle peer pressure, and feel good about themselves.</p>	Tuesday, June 5, 2018	6:30pm – 8:30pm	St. David Catholic Secondary School 4 High Street Waterloo

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