

Fall 2018 Parenting with Passion



Registration begins Monday, October 1, 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, October 15 - November 19, 2018 | 6:30pm – 8:00pm | KW Counselling Services 480 Charles Street East Kitchener |
| Parenting Your Baby & Toddler (4 weeks, \$80) 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. | Wednesdays, November 14 - December 5, 2018 | 1:30pm – 3:30pm | KW Counselling Services 480 Charles Street East Kitchener |

SHARPEN YOUR PARENTING SKILLS IN A DAY

(single daytime workshops, certificates are given)

| Title | Dates | Time | Location/Address |
|---|-----------------------------------|---------------------|---|
| 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 3, 2018 | 10:00am – 3:00pm | KW Counselling Services 480 Charles Street East Kitchener |
| Strategies for Separated Parents (\$50.00) This full day workshop 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, November 24, 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>Building Self-Esteem Nothing is more important to a child's future than their 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> | Thursday, October 18, 2018 | 6:30pm – 8:30pm | KW Counselling Services 480 Charles Street East Kitchener |
| <p>Children & Anxiety 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.</p> | Tuesday, October 23, 2018 | 6:30pm – 8:30pm | Resurrection Catholic Secondary School 455 University Ave. West Kitchener |
| <p>Positive Discipline, Cooperative Kids 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.</p> | Wednesday, November 7, 2018 | 6:30pm – 8:30pm | Early ON Riverside Public School 250 William Street Elmira |
| <p>From Argument to Agreement Bedtime. Chores. Homework. Sibling bickering. These and other challenges with your children can bring you to the boiling point. This strategy-packed workshop will give you ideas for handling this conflict with your children.</p> | Thursday, November 29, 2018 | 6:30pm – 8:30pm | St. David Catholic Secondary School 4 High Street Waterloo |
| <p>Raising Responsible Children 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> | Thursday, December 6, 2018 | 6:30pm – 8:30pm | Grow Community Centre 1 Groh Avenue Cambridge |

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