

Parenting with Passion - Winter 2019



To register please email
parenting@kwcounselling.com

Contact Us
 519.884.0000

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
Parenting Your 6-12 Year Old (6 weeks, \$120) This course focuses on developing skills to help you parent your 6-12 year old. 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 their growth and development.	Mondays, January 21 to March 4, 2019 (no class February 18)	6:00 – 8:00pm	KW Counselling Services 480 Charles Street East Kitchener
Connecting with Our Kids (4 weeks, \$60.00) This course 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.	Wednesdays, February 6 to February 27, 2019	6:30 – 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.	Tuesdays, February 12 to March 5, 2019	6:00 – 8:00pm	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, February 2, 2019	10:00am – 3:00pm	KW Counselling Services 480 Charles Street East Kitchener
Handling Anger (\$50.00) 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.	Monday, March 25, 2019	1:00pm – 6:00pm	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, March 30, 2019	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>Raising Emotionally Intelligent Kids 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>Wednesday, January 23, 2019</p>	<p>6:00pm – 8:00pm</p>	<p>KW Counselling Services 480 Charles Street East Kitchener</p>
<p>Parenting 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>	<p>Thursday, February 28, 2019</p>	<p>6:00pm – 8:00pm</p>	<p>KW Counselling Services 480 Charles Street East Kitchener</p>
<p>Parenting Gender Independent Kids The workshop is designed to address the unique challenges that may be faced by parents of children or teens who identify as gender independent or transgender. Within a positive and open environment, parents and caregivers will learn practical skills to encourage open communication, understand and support the emotional experiences of our kids, and provide positive structure and guidance.</p>	<p>Monday, March 18, 2019</p>	<p>6:30pm – 8:30pm</p>	<p>ACCKWA The Aids Committee of Cambridge, Kitchener, Waterloo & Area 1770 King Street East, Unit Kitchener</p>
<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>	<p>Monday, March 25, 2019</p>	<p>6:00pm – 8:00pm</p>	<p>Centreville-Chicopee Community Centre 141 Morgan Avenue Kitchener</p>

Thank you to our generous sponsors:



United Way
Waterloo Region
Communities



LYLE S. HALLMAN
FOUNDATION

