

Spring 2021 Schedule of Parenting Classes

Positive Parenting “Snap Shot” Series

This series of one-hour positive parenting “snap shots” will get you thinking about your choices as a parent and help you develop strategies to become the parent that you want to be. Each session stands alone. You can attend just one or all of them. They are presented on Zoom and registration is required.

Building Self Esteem. What are some strategies? We all know how important self-esteem is for our children and teens (not to mention ourselves). This session will help you be more aware of the many ways that we, as parents, affect our children’s self-esteem. Learn what you can do to help your children and teens develop positive self-esteem.	Tuesday, April 6, 2021	7:00 pm - 8:00 pm
Thinking or Reacting. Why does it matter? Learn why it matters that we manage our emotional reactions “in the moment” and gain some strategies for doing this.	Wednesday, April 28, 2021	12:00 pm - 1:00 pm
Discipline vs. Punishment. What is the difference? Understand the impact of both discipline and punishment on the behaviour of children and teens and learn positive discipline strategies.	Thursday, May 13, 2021	8:00 pm - 9:00 pm
From Argument to Agreement. How do we get there? Bedtime. Chores. Homework. Screen time. Sibling bickering. Do you feel like even minor requests turn into major arguments? This session will give you some concrete strategies to turn that argument into agreement.	Friday, May 28, 2021	10:30 am - 11:30 am
Cooperation or Obedience. What are the outcomes? Learn how our expectations for our kids influence how they learn to make choices in their lives and gain strategies to promote cooperation.	Tuesday, June 8, 2021	7:00 pm – 8:00 pm

Temper Taming Together—for Parents

Temper Taming Together is a program that helps parents and children understand and manage BIG EMOTIONS. This series of 3, one-hour sessions is designed specifically for parents of school aged children (ages 5-12). You will gain understanding of how emotions become so big, develop parenting skills to help your small child with their big emotions and learn some strategies you can teach to your children. **Registration is required for all three sessions.** Sessions will be on Zoom and are only for parents or caregivers.

Session 1	Session 2	Session 3
“Brain and Body”	“Big Emotions”	“Calming Strategies”
Monday, April 12, 2021	Monday, April 19, 2021	Monday, April 26, 2021
7:00 pm - 8:00 pm	7:00 pm - 8:00 pm	7:00 pm - 8:00 pm

Parent to Parent Support

Now, more than ever, we need to reach out to each other for support and encouragement. At Parenting Now, we have several ways you can do that:

1. Visit our website, parentingnow.ca, to read articles and stories written by local parents.
2. Email us, via the website or at the email address below, with questions or stories of your own. Your email will be answered by a member of our Parenting Now Team.
3. Connect with a member of our Parenting Now Team via the telephone to share your story or just to chat with someone who understands. Email us at the address below to start the connection.

To register for programs or to get more information, email:

parenting@kwcounselling.com

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