

⚙️ Summer 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. Each session stands alone. You can attend just one or all of them. They are presented on Zoom and registration is required.

Connection or Correction. How do they work together? Find out the difference that a moment of connection with your child makes when your goal is to correct their behaviour.	Tuesday, June 29, 2021 OR Tuesday, August 17, 2021	12:00 pm - 1:00 pm 8:00 pm - 9:00 pm
Encouragement or Praise. What is the difference? Discover the difference between praise and encouragement and learn new strategies for encouraging your children.	Wednesday, July 14, 2021 OR Thursday, July 29, 2021	7:00 pm - 8:00 pm 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. During this series of 3, one-hour sessions 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” Monday, June 7, 2021 7:00 pm - 8:00 pm	“Big Emotions” Monday, June 14, 2021 7:00 pm - 8:00 pm	“Calming Strategies” Monday, June 21, 2021 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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