

May & June Schedule of Parenting Supports

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.	ON ZOOM	Wednesday, May 11, 7:00 pm - 8:00 pm
Strategies for Separated Parents This course 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.	ON ZOOM	Tuesdays May 10 th , 17 th & 24 th 7:00 pm - 8:00 pm
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 course will give you ideas for handling this conflict with your children.	ON ZOOM	Thursday, June 9 th 7:00 pm - 8:00 pm

Positive Parenting “Conversation Series”

Chat with Kris and Teresa



This series of one-hour positive parenting conversations will be less “formal” than our workshops. The intention of our conversation series is to invite and encourage parents/caring caregivers to join us for conversation and encouragement on your parenting journey. One of our Parenting Now Staff will facilitate each session. They will be presented on **Zoom**; registration is required and limited to 15 participants.

Let’s Talk About Punishment or Discipline Understand the impact of both discipline and punishment on the behaviour of children and teens and learn positive discipline strategies.	ZOOM	Thursday, May 5 th 7:00 pm - 8:00 pm
Let’s Talk About Connected Dads 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!	ZOOM	Wednesday, June 1 st 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 share stories of your own. A member of our Parenting Now Team will answer your email.
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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