

## Summer 2022 Schedule of Parenting Classes



We are offering two workshops, each one a choice between in person and Zoom, and separate dates & times to choose from. You may register for one or both. Registration is required. Certificates of attendance will be given for the “in person” workshops.

<p><b>Building Self Esteem. What are some strategies?</b> 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.</p>	<p>IN PERSON AT KWCS, \$5.00 per person</p> <p><b>OR</b></p> <p>ON ZOOM, no cost to participant</p>	<p>Wednesday July 6 6:30 pm – 8:00 pm</p> <p><b>OR</b></p> <p>Monday, August 22<sup>nd</sup> 6:30 pm – 7:30 pm</p>
<p><b>Encouragement or Praise. What is the Difference?</b> We often think that praise is a way of encouraging our children to succeed but sometimes too much praise can work against our best intentions. This presentation will help you learn the difference and give you some new strategies for encouraging your children.</p>	<p>ON ZOOM, no cost to participant</p> <p><b>OR</b></p> <p>IN PERSON AT KWCS, \$5.00 per person</p>	<p>Tuesday, July 19 7:00 pm – 8:00pm</p> <p><b>OR</b></p> <p>Thursday, August 11<sup>th</sup> 10:30 am – 12:00 pm noon</p>



### 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](http://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](mailto:parenting@kwcounselling.com)**

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