

## Fall 2022 Schedule of Parenting Classes

### Positive Parenting “Snap Shot” Series

Each session stands alone. You can attend just one or all of them. All workshops will be delivered via Zoom. Registration is required. **Registration begins Monday, September 19<sup>th</sup>.**

**[parenting@kwcounselling.com](mailto:parenting@kwcounselling.com)**

<b>Connection or Correction.</b> 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.	Delivered via Zoom	Thursday, September 29 <sup>th</sup> 7 pm - 8 pm
<b>Encouragement or Praise.</b> What is the difference? 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.	Delivered via Zoom	Tuesday, October 4 <sup>th</sup> , 7 pm - 8 pm
<b>Screen Time.</b> How do we help our kids maintain a balance? As parents, many of us are struggling with reinstating screen time limits to pre pandemic levels. What are the pros, cons and concerns and how can we help keep our children to be safe online both physically and emotionally?	Delivered via Zoom	Wednesday, October 12 <sup>th</sup> , 6 pm - 7 pm
<b>Discipline or Punishment.</b> What’s the difference? This presentation looks at the impact of both discipline and punishment on the behaviour of children and teens and helps you to understand the difference between the two. Learn positive discipline strategies to help guide and support your children.	Delivered via Zoom	Thursday, November 10 <sup>th</sup> , 8 pm - 9 pm
<b>Parenting Your Teen</b> How do we manage to stay close and connected with our kids when they seem so intent on independence and separation? This snapshot focuses on how we can build and strengthen our relationships with our pre-teen or teen aged children & specific strategies to keep those lines of communication open.	Delivered via Zoom	Tuesday, November 22 <sup>nd</sup> , 7 - 8 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](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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