

## Fall 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 will be presented on Zoom and registration is required.

<b>Parenting Your Teen – The Joys and Frustrations.</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 teenaged children & specific strategies to keep those lines of communication open.	Tuesday, September 28 <sup>th</sup>	7:00 pm - 8:00 pm
<b>Discipline vs. Punishment. What is the difference?</b> Understand the impact of both discipline and punishment on the behavior of children and teens and learn positive discipline strategies.	Thursday, October 7 <sup>th</sup>	12:00 noon - 1:00 pm
<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.	Wednesday, October 13 <sup>th</sup>	7:00 pm - 8:00 pm
<b>From Argument to Agreement. How do we get there?</b> 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.	Tuesday, November 16 <sup>th</sup>	7:00 pm - 8:00 pm

### Positive Parenting “Conversation Series”

*Chat with Kris and Teresa*



This set of one-hour positive parenting conversations will be more casual than our traditional workshops. The intention of our conversation series is to invite and encourage parents and caregivers to join us for conversation where we can share tips, strategies and resources and learn from each other. Kris & Teresa will facilitate each session. They will be presented on Zoom; registration is required and limited to 15 participants.

<b>Let's Talk About...</b> ways we can support our school aged children with transitioning back to the classroom. Does your child have feelings of excitement and/or are they struggling with fear about the process? How can we best encourage and support our children with this transition?	Wednesday, September 15 <sup>th</sup>	8:00 p.m. - 9:00 p.m.
<b>Let's Talk About...</b> resources in our community. Learn and share about resources in your neighbourhood – (Extra-curricular Activities, food resources/community gardens, recreation, parent supports, etc.)	Thursday, December 9 <sup>th</sup>	7:00 p.m. - 8:00 p.m.

## Temper Taming Together—for Parents of Preschool Children

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 pre-school aged children (birth - 5). 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 limited to 12 participants, and is required for all three sessions.** Sessions will be on Zoom and are only for parents or caregivers. Certificates of completion will be given after the third session.

Session 1 “Brain and Body” Thursday, September 16 <sup>th</sup> 7:00 pm - 8:00 pm	Session 2 “Big Emotions” Thursday, September 23 <sup>rd</sup> 7:00 pm - 8:00 pm	Session 3 “Calming Strategies” Thursday, September 30 <sup>th</sup> 7:00 pm - 8:00 pm
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## Temper Taming Together—for Parents of School-Aged Children

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 limited to 12 participants and is required for all three sessions.** Sessions will be on Zoom and are only for parents or caregivers. Certificates of completion will be given after the third session.

Session 1 “Brain and Body” Tuesday, October 12 <sup>th</sup> 7:30 pm - 8:30 pm	Session 2 “Big Emotions” Tuesday, October 19 <sup>th</sup> 7:30 pm - 8:30 pm	Session 3 “Calming Strategies” Tuesday, October 26 <sup>th</sup> 7:30 pm - 8:30 pm
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## 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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