

Parenting with Passion - Fall 2019



To register please email
parenting@kwcounselling.com



Subsidies may be available upon request. Please ask at time of registration.

CORE PARENTING COURSES			
<i>Multi-week programs. Certificates are given.</i>			
Title	Dates	Time	Location/Address
Strategies for Separated Parents ~ (4 weeks, \$80.00) 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.	Mondays, October 21 to November 11, 2019	6:00pm – 8:00pm	KW Counselling Services 480 Charles Street East Kitchener
Connecting with Our Kids ~ (4 weeks, \$80.00) This course goes to the very heart of parenting: our relationships with our children. Parents will explore the foundations of healthy attachment, how it relates to brain development, and how children's behaviour and emotions are often expressions of attachment needs. Throughout, you will learn practical ways to guide and support your growing child or teen.	Wednesdays, November 6 to November 27, 2019	6:00pm – 8:00pm	KW Counselling Services 480 Charles Street East Kitchener

SHARPEN YOUR PARENTING SKILLS IN A DAY			
<i>Single daytime workshops. Certificates are given.</i>			
Title	Dates	Time	Location/Address
Temper Taming Together ~ (\$80 per family) This is a group program for parents and children. It focuses on helping children develop the skills to identify, express and manage their emotions more effectively while also helping parents develop the skills to guide and support their children's emotional experiences. We learn how to recognize and talk about feelings, how to take care of emotions so that we can stay in control, and how we can support our family members in handling their feelings in healthy and helpful ways. In this group, we spend some all together learning through activities, and other times we separate so parents get the chance to talk with other parents, while children spend time with trained facilitators.	Saturday, October 26, 2019	9:30am – 3:30pm	KW Counselling Services 480 Charles Street East Kitchener
Anger Management for Parents ~ (\$50) Parents feel angry sometimes. So do kids! Join other parents and learn how to recognize your own anger patterns, model healthy ways of expressing anger, and help your children learn to manage their emotions effectively by developing skills that will last a lifetime.	Saturday, December 7, 2019	10:00am – 3:00pm	KW Counselling Services 480 Charles Street East Kitchener

POSTIVE PARENTING SEMINAR SERIES

FREE single evening workshops. No certificates are given.

Positive parenting is an approach to parenting that emphasizes the role of connection and healthy attachment in the parent-child relationship. It helps parents understand how this relationship is the key to building the skills that children and youth need to be healthy and happy. 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.

Title	Dates	Time	Location/Address
Thinking or Reacting. Why does it matter? We all know how easily emotions can be triggered in our parenting. Despite our best intentions, we often react before we think. This presentation will help you understand why it matters that we manage emotional reactions “in the moment” and give you some strategies for doing this. You will be able to take these strategies home for your kids, as well!	Monday, September 30, 2019	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener
Connection or Correction. How do they work together? You have just come in the door and there are shoes all over the front entrance. Do you instantly shout at everyone to pick them up or do you take the time to warmly greet your kids? Find out the difference that a moment of connection makes when your goal is to correct a behaviour.	Thursday, October 17, 2019	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener
Discipline or Punishment. Which works the best? 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.	Thursday, November 7, 2019	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener
Cooperation or Obedience. What are the outcomes? We want our children or teens to do what we ask them to do and when we ask them to do it, right? But we also want to raise kids who can think for themselves and make “good choices”. Learn how our expectations for our kids influence how they learn to make choices in their lives and gain strategies to promote cooperation.	Monday, November 18, 2019	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener
Encouragement or Praise. 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.	Monday, December 2, 2019	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener

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