

# Parenting with Passion - Spring 2019



To register please email  
[parenting@kwcounselling.com](mailto:parenting@kwcounselling.com)

Contact Us  
 519.884.0000

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

## CORE PARENTING COURSES

*(multi-week programs, certificates are given)*

Title	Dates	Time	Location/Address
<b>Anger Management for Parents (6 weeks, \$90)</b> 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.	Thursdays, April 18 to May 23, 2019	6:30 – 8:00pm	KW Counselling Services 480 Charles Street East Kitchener, Room 208
<b>Strategies for Big Feelings (5 weeks, \$75)</b> This course focuses on helping parents develop the skills and strategies to guide and support their children's emotional experiences. Parents learn how to recognize and talk about feelings, how to take care of emotions so that they can stay in control while supporting their children in handling their feelings in healthy and helpful ways.	Wednesdays, May 15 to June 12, 2019	6:30 – 8:00pm	KW Counselling Services 480 Charles Street East Kitchener
<b>Positive Discipline, Cooperative Kids (4 weeks, \$80.00)</b> This program will help you get past daily power struggles with your children. It will show how you can encourage cooperation, set realistic expectations/limits, and problem-solve using positive discipline strategies.	Tuesdays, May 28 to June 18, 2019	6:30 – 8:30pm	KW Counselling Services 480 Charles Street East Kitchener

## SHARPEN YOUR PARENTING SKILLS IN A DAY

*(single daytime workshops, certificates are given)*

Title	Dates	Time	Location/Address
<b>Connected Dads (\$50.00)</b> 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!	Saturday, April 13, 2019	10:00am – 3:00pm	KW Counselling Services 480 Charles Street East Kitchener
<b>Building Self-Esteem (\$50.00)</b> Nothing is more important to a child's future than their own sense of self-worth. This workshop encourages parents to be more conscious of the subtle (and not so subtle) ways they affect their child's self-esteem. Learn realistic, practiced and proven techniques for nurturing your child's self-esteem.	Monday, April 29, 2019	1:00pm – 6:00pm	KW Counselling Services 480 Charles Street East Kitchener
<b>Strategies for Separated Parents (\$50.00)</b> This full day workshop 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.	Saturday, June 1, 2019	10:00am – 3:00pm	KW Counselling Services 480 Charles Street East Kitchener

## POSTIVE PARENTING SEMINAR SERIES

*(free single evening workshops, no certificates given)*

Title	Dates	Time	Location/Address
<p><b>From Argument to Agreement</b>                      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.</p>	Tuesday, April 23, 2019	6:00pm – 8:00pm	KW Counselling Services 480 Charles Street East Kitchener
<p><b>Our Kids and Their Choices</b>                      This workshop will focus on practical and realistic strategies you can engage in with your child so that they are equipped to make wise choices. Decision making is a learned skill that requires practice, so this workshop will also help you develop practical skills for what to do when your child does not choose wisely.</p>	Wednesday, May 8, 2019	6:30pm – 8:30pm	KW Counselling Services 480 Charles Street East Kitchener
<p><b>Parenting in Two Cultures</b>                      Learn ways to improve communication, discipline, self-esteem and more! Join other parents to share the challenges of maintaining your culture while parenting children in Canada.                      All Cultures Welcome!</p>	Monday, June 10, 2019	6:00pm – 8:00pm	Kinbridge Community Association 200 Christopher Drive Cambridge

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