



"Building Strong Families Together"

Winter/Spring Workshop Schedule: Thanks to the generosity of the County of Dufferin, all workshops are held at the Ontario Early Years Centre located at 229 Broadway in Orangeville. All courses are free of charge and open to men, women and couples. To register or for more info, contact us at info@dpsn.info or 519-940-8678! All workshops are 7:00pm to 9:00pm. For more information or to check out our new online toy store, visit our website at www.dpsn.info.

Parenting Together

Two evenings: Tuesday, February 1 & 8, 2005

Facilitated by Joanne Moore

- Do you sometimes feel that you and your partner have differing parenting styles? Learn to work together to parent effectively.

Good Discipline, Good Kids

Two evenings: Wednesday, February 2 & 9, 2005

Facilitated by Tina Hinsperger

- Conflict skills and strategies designed to promote respect, cooperation and good communication.

Time In, Time Out

One evening: Wednesday, February 16, 2005

Facilitated by Tina Hinsperger

- Effective discipline strategies. Does "time out" really work?

Kids and Media

Two evenings: Monday, February 21 & 28, 2005

Facilitated by Sonia McDonald

- How are TV, music and movies affecting your kids and their behaviour? Come and find out how to deal with the exposure to all forms of media in your children's lives.

Keeping Peace at Home

One evening: Tuesday, February 22, 2005

Facilitated by Susan Willnecker of the Early Years Centre

- Get past the daily power struggles with your children by creating a family atmosphere that promotes harmony.

Kids, Anger Management & You

Three evenings: Wednesday, February 23, March 2 & 9, 2005

Facilitated by Joanne Moore & Sonia McDonald

- Learn to understand your parental anger and develop healthy communication strategies to help your child with their anger.

Intense Emotions in Children

Two evenings: Tuesday, March 1 & 8, 2005

Facilitated by Joanne Moore

- Helping you to understand and respond to your child's difficult behaviours and intense emotions including anger, sadness and more.

Advocating For Your Child at School

One evening: Monday, March 7, 2005

Facilitated by Julie Welsh

- Learn when and how to speak up for your child at school and how to communicate effectively with educators.

Supporting Your Child Through Separation & Divorce

One evening: Monday, March 21, 2005

Facilitated by Family Transition Place

- Help your children cope with the feelings, confusions, reactions, conflicting loyalties and sense of responsibility that arise during separation and divorce.

How to Talk So Kids Will Listen

Six evenings: Wednesday, March 23, 30 & April 6 – 27, 2005

\$20 refundable deposit for program book; second book optional.

Facilitated by Susan Willnecker of the Early Years Centre

- Based on the Faber & Mazlish book of the same name, this workshop will teach you how to develop positive relationships through effective communication with your children.

Strange Teenage Behaviour

Three evenings: Tuesday, March 29, April 5 & 12, 2005

Facilitated by Sonia McDonald

- Feeling overwhelmed by your teen's behaviour? This workshop will explore the behaviour of youth and equip you with some facts and strategies to use at home.

Making Relationships Work

All about making relationships work for men, women and couples. Attend just one or all of these sessions to learn more about making your relationship work. 7:00pm to 9:00pm

Facilitated by Family Transition Place

Monday, April 4, 2005 – Building a Healthy Relationship

Monday, April 11, 2005 – Recognizing an Unhealthy Relationship

Monday, April 18, 2005 – Healthy Boundaries & Assertiveness in Relationships

Monday, April 25, 2005, 2004 – Understanding Anger & How to Express It

Monday, May 2, 2005 – Conflict & Healthy Conflict Resolution

Monday, May 9, 2005 – Self Esteem & Relationships

Keeping Connected

One evening: Tuesday, April 26, 2005

Facilitated by Tina Hinsperger

- Learns some tips and strategies for keeping children connected with grandparents and extended family who are not geographically close by.

Raising Your Spirited School Aged Child

Two evenings: Tuesday May 3 & 10, 2005

Facilitated by Julie Wood & Shawna Brailsford

- Is your child more sensitive, energetic, persistent or perceptive? We'll share guidelines for raising your spirited child, plus help you to understand them better, learn to focus on strengths and develop a healthy relationship.

Healthy Stress Strategies (formerly Healthy Stress & Anger Management)

Four evenings: Wednesday, May 4 – 25, 2005

Facilitated by Joanne Moore

- Discover your triggers and decrease your stress! Learn practical skills for overcoming obstacles to healthier communication and positive relationships.

Enlightened Communication

Three evenings: Thursday, May 12 – 26, 2005

Facilitated by Ruth Demeter

- Simple strategies to increase communication effectiveness, increase your ability to create rapport, identify and alter responses to people and situations and more.

High School is Scary!

One evening: Monday, May 16, 2005

Facilitated by Sonia McDonald

- Have a child entering High School? Unsure what to expect? Have some questions to ask? Come and get some insight!

Introduction to Expressive Arts: Playful Strategies to Create Communication With Your Child

One evening: Tuesday, May 24, 2005

Facilitated by Joanne Moore

- Learn ways to create interventions that allow for healthy emotional release. No artistic talent or ability required!