

Fall 2013 Parenting with Passion Programs



Registration begins September 3, 2013

Call 519-884-0000

www.kwcounselling.com

Subsidies are available for all courses. Ask at time of registration.

PARENTING WITH A DEVELOPMENTAL FOCUS

(6 week courses)

Title	Dates	Time	Location	Address
Parenting Your Preschooler (Fee: \$120.00) From the tantrums of a 2 year old to the questions of a 4 year old, this course will help you understand your child's growing personality and need for independence. Learn practical skills to guide your little one as he or she learns how to get along in the world.	Saturdays, October 19 to November 23	10:00 am – 12:00 pm	YMCA Early Years - Main Site	161 Roger Street, Waterloo
Parenting Your 6-12 Year Old (Fee: \$120.00) These middle childhood years bring tremendous change! Develop the skills to help your child thrive—at school, with friends, in the community and at home. Learn how your relationship with your child continues to be the most important component of his or her growth and development.	Wednesdays, October 16 to November 20	6:30 pm – 8:30 pm	Cedarbrae Public School	230 Cedarbrae Ave, Waterloo
Parenting Your Teen (Fee: \$120.00) Become involved in your teen's life in a way that your teen will welcome! Learn how to keep the lines of communication open, and help them: make responsible choices, handle peer pressure, and feel good about themselves.	Tuesdays, October 22 to November 26	7:00 pm – 9:00 pm	Eastwood Collegiate Institute	70 Weber Street East, Kitchener

SPECIAL INTEREST TOPICS

(4 or 8 week courses)

Title	Dates	Time	Location	Address
From Conflict to Cooperation (Fee: \$80.00) Conflict can be one of the biggest frustrations of parenting. This strategy packed course will help you understand why conflict occurs and give you ideas for handling conflict with your children. You will learn skills for dealing with parent-child conflict, as well as how to help your child deal with peer conflict.	Thursdays, November 7 to November 28	6:30 pm – 8:30 pm	Ryerson Public School	749 Grand Valley Drive, Cambridge
Learning Begins (Fee: \$80.00) Do you know what it takes to help your baby become "smarter for life"? This course provides parents of infant children ages 0 – 2 with information on how to foster their infant's brain development. The goal is to strengthen the role parents play, by using an experiential model of learning. Join in this hands-on opportunity to strengthen your child forever.	Tuesdays, November 5 to November 26	6:30 pm – 8:30 pm	Queen Elizabeth Public School	191 Hoffman Street, Kitchener
Cooperative Parenting & Divorce (Fee: \$80.00) This program 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.	Wednesdays, November 6 to November 27	7:00 pm – 9:00 pm	KW Counselling Services	480 Charles Street East, Kitchener

<p>Controlling the Volcano Within (Fee: \$120.00)</p> <p>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 life-time!</p>	<p>Tuesdays, October 15 to December 3</p>	<p>6:00 pm – 7:30 pm</p>	<p>KW Counselling Services</p>	<p>480 Charles Street East, Kitchener</p>
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POSITIVE PARENTING SEMINAR SERIES

Single evening workshops, sponsored by The Waterloo Region Record

Free (voluntary donations accepted)

Title	Dates	Time	Location	Address
<p>Positive Discipline, Cooperative Kids (Free)</p> <p>This workshop 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.</p>	<p>Thursday, November 14</p>	<p>7:00 pm – 9:00 pm</p>	<p>Howard Robertson Public School</p>	<p>130 Morgan Avenue, Kitchener</p>
<p>Parenting in Two Cultures - 2 Parts (Free)</p> <p>This seminar will explore the parenting challenges faced by families as they raise children in a new—often confusing—culture. Discover strategies for maintaining your own cultural values and practices, while also learning to understand the new ways in which your kids are behaving. This course will be facilitated in English.</p>	<p>Part 1: Wednesday, October 23</p> <p>Part 2: Wednesday, October 30</p>	<p>6:30 pm – 7:30 pm</p>	<p>Clemens Mill Library</p>	<p>50 Saginaw Parkway, Cambridge</p>
<p>Great Kids, Big Feelings (Free)</p> <p>This workshop will explore why big feelings (and big behaviours) occur, looking at how emotions are rooted in our relationships and interactions with our kids. You will learn positive strategies for responding “in the moment”, as well as how to help your child or teen develop skills for understanding and expressing their own strong emotions.</p>	<p>Wednesday, October 23</p>	<p>7:00 pm – 9:00 pm</p>	<p>Cedar Creek Public School</p>	<p>55 Hilltop Drive, Ayr</p>

SHARPEN YOUR PARENTING SKILLS IN A DAY

(Full day workshops)

Title	Dates	Time	Location	Address
<p>Raising Your Spirited Child (Fee: \$55.00)</p> <p>Some kids are more intense, sensitive, perceptive, persistent, and uncomfortable with change, by temperament. This full day workshop will help you understand your child’s temperament, as well as your own, and how differences in your personalities shape your daily interactions. Guided by M. Sheedy Kurcinka’s book, you will learn positive strategies for handling challenging times, and bringing out the best in your spirited child.</p>	<p>Friday, October 4</p>	<p>9:15 am – 3:30 pm</p>	<p>KW Counselling Services</p>	<p>480 Charles Street East, Kitchener</p>
<p>Trusting Loving Connection (Fee: \$55.00)</p> <p>This full day workshop goes to the very heart of parenting: to our relationships with our children and teens. We will explore the foundations of attachment and brain development. You will learn how children’s behavior and emotions are expressions of attachment needs and you will learn practical skills to help you guide and support your growing child or teen.</p>	<p>Friday, December 6</p>	<p>9:15 am – 3:30 pm</p>	<p>KW Counselling Services</p>	<p>480 Charles Street East, Kitchener</p>

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