

MAKING THE DIFFERENCE TOGETHER

PARENTING PROGRAMS FALL 2008

all programs FREE to parents of children in school

Cool Solutions - 25 hour anger management/conflict resolution program.

You will learn to:

- manage anger
- solve conflicts
- reduce tension in your home.
- catch yourself before getting angry
- keep disagreements from becoming fights
- use empathy, consider options
- identify issues and solve problems so that they don't repeat.

Find strategies to teach your child how to handle frustration in a healthy way and discuss the characteristics of healthy relationships.

Barrie: Barrie Learning Centre, Bayfield Mall
Thursday, October 2 – Dec. 4/08
6:30 – 9:00 p.m.

Orillia: Harriett Todd Public School
11 George Street
Tuesday, Oct. 7 – Nov. 25/08
6:30 – 9:00 p.m.

Midland: Georgian Bay Native Friendship Centre
175 Yonge Street, Midland
Thursday, October 2 – November 27/08
9:30 – 12:00 Noon

Innisfil: Nantyr Shores Secondary
1146 Anna Maria Avenue
Stroud
Wed., October 8 – Dec. 3/08
7:00 – 9:30 p.m.

Effective Parenting

Parents will gain understanding, strategies and skills to help their children:

- **Build self-esteem**
- **Be responsible**
- **Relate positively with others**
- **Solve problems**
- **Set goals**

Parent will discuss:

- **A variety of discipline options**
- **Helpful ways to handle anger**
- **Ways to support their child at school**

Barrie: Barrie Learning Centre, Bayfield Mall
Thurs., October 9 – December 4/08
7:00 – 9:00 p.m.

Orillia: Orillia Learning Centre
Tues., Oct. 7-Dec. 2/08
6:30 – 8:30 p.m.

Triple P: Parenting your 2 – 10 year old

You will explore and identify:

- Positive parenting principles and techniques
- Strategies and skills that encourage good behaviour
- Causes of misbehaviour and ways to deal with challenging behaviour

Barrie: **Warnica Public School,**
211 Warnica Road
Wednesday, October 8 – November 26/08
7:00 – 9:30 p.m.

Collingwood: **Mountain View Elementary School**
300 Spruce Street
Tuesday, October 14 – December 2/08
6:30 – 9:00 p.m.

Triple P: Power of Positive Parenting

Learn to help your child:

- Develop the skills they need to do their best at school
- Make friends
- Feel good about themselves and handle problems

Barrie: **Barrie Native Friendship Centre**
175 Bayfield Street
Wednesday, November 12/08
9:30 – 11:30 a.m.

Wasaga Beach: **Birchview Dunes E.S.**
1315 River Road West
Thursday, Oct 9/08
7:00 – 9:00 p.m.

Elmvale: **Community Hall, Elmvale**
Tuesday, October 14, 2008
6:30 – 8:30 p.m.

Triple P: Confident, Competent Children

- Create a foundation of success for school and life. Learn and explore how to:
- Help your child show respect
- Learn cooperation
- Build self-esteem
- Be successful in school
- Relate positively to others and solve problems
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Barrie: **Barrie Native Friendship Centre**
175 Bayfield Street
Wednesday, November 26/08
9:30 – 11:30 a.m.

Wasaga Beach: **Birchview Dunes E.S.**
1315 River Road West
Thurs., October 23/08
7:00 – 9:00 p.m.

Elmvale: **Community Hall, Elmvale**
Tuesday, October 21/08
6:30 – 8:30 p.m.

Triple P: Raising Resilient Children (Parents of children up to 10 years of age)

Children need to learn to cope with:

- Everyday feelings
- Strong emotions, stressful situations and events

Examine 6 building blocks to help your child manage emotions in a healthy way.

Barrie: **Barrie Native Friendship Centre**
175 Bayfield Street
Wednesday, December 3/08
9:30 – 11:30 a.m.

Wasaga Beach: **Birchview Dunes E.S.**
1315 River Road West.
Thurs., November 6/08
7:00 – 9:00 p.m.

Elmvale: **Community Hall, Elmvale**
Tuesday, October 28/08
6:30 – 8:30 p.m.

Triple P: Parenting your Pre-teen or Teen (parents of children ages 10-16)

You will examine:

- positive teen parenting principles
- factors influencing teen behaviour
- strategies for encouraging appropriate behaviour and managing misbehaviour

You will discuss family survival tips to help make your parenting task easier!

Barrie: St. Giles Church, 95 Cook Street
Wednesday, October 1 – November 19/08
7:00 – 9:30 p.m.

Triple P: Raising Responsible Teenagers (parents of children ages 10 – 16)

Seminar provides many ideas on how to help teens become independent responsible young adults.

Parents discuss how to encourage teens to :

- Take part in family decisions
- Be respectful and considerate
- Get involved in family activities
- Develop healthy lifestyles
- Be reliable and assertive

Midland: Huron Park Public School
425 Robert Street, Midland
Tuesday, October 21, 2008
6:30 p.m. – 8:30 p.m.

Triple P: Raising Competent Teenagers (parents of children ages 10- 16)

Parents explore how to encourage their teen to:

- build the skills needed to do their best in school
- prepare for jobs

Includes developing self-discipline, creating good routines, getting involved, problem solving, following school rules and having supportive friends.

Midland: Huron Park Public School
425 Robert Street
Tuesday, November 4, 2008
6:30 – 8:30 p.m

Triple P: Getting Teenagers Connected (parents of children ages 10 – 16)

Parents explore the importance of getting teens positively involved in their communities. The seminar discusses several ideas and parenting strategies to help teens create positive connections including:

- Building confidence and social skills
- Planning ahead
- Meeting commitments
- Keeping in touch
- Helping others

Midland: Huron Park Public School
425 Robert Street
Tuesday, November 18, 2008
6:30 – 8:30 p.m.

Survival Tips for Parent of Teens and Information Session (for parents of Eastview S.S. students)

Barrie: Eastview Secondary School
Tuesday, September 30, 08
6:30 – 9:00 p.m.

Kids Have Stress TOO! (For Parents of Children age 2 – 9)

This workshop was created by the Psychology Foundation of Canada in co-operation with the Toronto Public Health Department and the Toronto School Board's Anti-Stress committee. Parents will gain increased understanding of how stress affects children, gather tips for creating a less stressful family life and practice many stress reduction strategies that will help their young children handle stress constructively. Excellent tip sheets provided.

Barrie: Barrie Learning Centre
Saturday, November 1, 2008
9:00 – 12:00 Noon

Understanding and Handling Anger (parents of children 2-12yrs)

Discuss how anger develops. Identify the causes and effects of anger. Learn how to recognize anger buttons, stay calm, understand your child better, create positive problem-solving routines and be more proactive. Gain ideas to help you and your child cope with this emotion in healthy ways.

Barrie: Barrie Learning Centre
Tuesday, November 18/08
6:30 – 8:30 p.m.

Elmvale: Springwater Room, Elmvale Arena
Tuesday, November 4/08
9:30 – 12:00 Noon

Discipline That Works

A fun and practical workshop to help parents encourage positive behaviour in pre-school and school aged children.

Barrie: The Barrie Learning Centre
Tuesday, November 24/08
6:30 – 8:30 p.m.

Elmvale: Springwater Room, Elmvale Arena
Tuesday, November 18/08
9:30 – 12:00 Noon

Putting the Steam in Our Kids Self-Esteem (parents of children of all ages)

Discuss what self-esteem is and how it develops in children. Learn many parent-friendly strategies to help children build positive self-esteem so that they have the confidence to handle life.

Barrie: The Barrie Learning Centre
Tuesday, December 2/08
6:30 – 8:30 p.m.

Elmvale: Springwater Room, Elmvale Arena
Tuesday, November 25/08
9:30 – 12:00 Noon

Contact Us!

Making the Difference Together

Parenting Programs

Telephone (705) 725-8360, Ext. 333

Or (705) 325-9279, Ext. 231

www.mtdt.org – parenting@thelearningcentres.com