



Parenting Today ***2016-17***



Workshops will be held from 6 – 8 p.m. at Educational Support Services – Jameswood School, 1 Braintree Crescent (off Olive & Ness). Free pizza supper will be offered from 6:00 - 6:30 p.m. and session will take place from 6:30 – 8:00 p.m. To register please contact Arlie Williams-Taylor at 885-9555 or email ptregistrations@sjsd.net

Tuesday, October 4, 2016

Concussions in Students and their impact on school performance

Presented by: **Nicole Beauchesne**, Occupational Therapist, Concussion Care Community Clinic.

Tuesday, October 11, 2016

Triple P- Seminar 1: 'The Power of Positive Parenting'

Presented by **Kristy Wake**, Behaviour Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division

This seminar will introduce parents to the 5 core principles of positive parenting:

- ensuring a safe, engaging environment for children
- creating a positive learning environment
- using assertive discipline
- having realistic expectations
- taking care of yourself as a parent

FREE CHILDCARE IS PROVIDED FOR SESSIONS. When registering please indicate for how many children and their ages.

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Tuesday, October 18, 2016

Triple P- Seminar 2: 'Raising confident, competent children'

Presented by: **Kristy Wake**, Behaviour Intervention Resource Teacher, Educational Support Services St. James-Assiniboia School Division.

This seminar will show parents how they can use positive parenting principles to teach children important values and skills, such as:

- encouraging respect and cooperation
- learning to be independent
- learning how to develop healthy self-esteem
- learning how to become good problem-solvers

Tuesday, October 25, 2016

Triple P- Seminar 3: 'Raising Resilient Children'

Presented by **Kristy Wake**, Behaviour Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division

This seminar will focus on how parents can help children learn how to:

- recognize and accept feelings
- express their feelings appropriately
- build positive feelings
- deal with negative feelings
- deal with upsetting or stressful life events

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Tuesday, November 1, 2016
Coaching For Confidence

Facilitated by: **Dr. John Walker**

Shyness and anxiety are normal human emotions. Some children, however, are much more shy or fearful than the average child. For these children, anxiety may interfere with their enjoyment of school, activities with other children, new experiences (swimming lessons, birthday parties, etc.), and their development of independence and confidence. In this session, parents will learn about anxiety in children.

Tuesday, November 15, 2016
Families are where our stories begin

Presented by: **Alison C. Arnot, M.D., CCFP, FCFP.**

Brief overview of secure attachment: what children need from their caregivers to thrive over their lifespan, a description of the characteristics of a healthy family followed by an overview of the Healthy Mind Platter which was developed by Dan Siegel, executive director of the Mindsight Institute and a clinical professor of Psychiatry at UCLA School of Medicine in collaboration with Dr. David Rock, Executive Director of the NeuroLeadership Institute.

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Tuesday, December 8, 2016
Teens

Presented by: **Jeff Kerr B.S.W.** and **Hayley Plesh B.S.W.**, Educational Support Services, St. James- Assiniboia School Division

Parents of teens have to strike a delicate balance between encouraging growth and independence on the one hand, and protecting teens from the hazards of risky situations and establishing boundaries for acceptable behaviour on the other. In this evening session, presenters Hayley and Jeff will discuss some of the challenges for parents of teens, including promoting emotional self-regulation, managing inappropriate behaviour, and planning around risky behaviours and situations.

Tuesday, January 17, 2017
Addictions Foundation of Manitoba

Presented by: **Shannon Romance and Candy Burke, Addictions Foundation Manitoba (AFM)**

The decision whether to try alcohol or other drugs may be one of the biggest your child could face. The evening, facilitated by our AFM counsellors, will be an information session for parents and caregivers on this important issue. Together we will look at current trends and statistics, understanding why kids experiment, how to talk to your child about drugs, parent prevention strategies, and community resources available to parents and youth including AFM programs.

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Tuesday, February 7, 2017
Self-Regulation Strategies

Presented by: **Mia Safiniuk**, Masters in Education, Resource and Guidance Teacher, Interlake School Division. **Linda Stuart**, Educational Assistant, St. James School Division.

This seminar will focus on skills and strategies to help with emotional and self-regulation. Such behaviours could include: worry, anxiety, stress, negative thinking and emotions, obsessive behaviours. The session would be appropriate for youth with ADD/ADHD, Asperger's/Autism and other individuals who would benefit from tools to help with self-regulation. Regulation awareness will include the five senses, mindfulness, breathing, relaxation, and activities for developing positive thinking, attitudes and self-esteem.

Tuesday, March 14, 2017
ADHD: Assessment and Intervention Strategies

Presented by: **Maria Phelps Ph.D.**, Educational Support Services, St. James-Assiniboia School Division

This workshop will explore the neuropsychology of ADHD in terms of assessment and diagnosis. The emphasis will be on evidence-based interventions and strategies for home and school from childhood to adolescence.

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Tuesday, April 18, 2017
Speech and Language

Supporting Speech and Language Development at Home

Presented by: **Speech-Language Pathologists**, Educational Support Services, St. James-Assiniboia School Division

Students who receive speech and language support at school benefit from practice at home. The purpose of this presentation is to provide parents with simple, quick and easy activities that can be done as a part of the daily routine. We will provide suggestions for helping your child practice speech sounds and language skills at home.

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Tuesday, May 9, 2017 Concussions

Presented by: **Dr. Michael Ellis, Medical Director**, Pan Am Concussion Program

- *The signs and symptoms of a concussion
- *The management of concussion
- *The role of the Pan Am Concussion Program

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