

A large, multi-pointed starburst graphic with a jagged, irregular outline, centered on the page. Inside the starburst, the text '2009-10 Parenting Today' is written in a bold, black, sans-serif font.

2009-10 Parenting Today

Sponsored by the St. James-Assiniboia Parent-Child Coalition

Workshops will be held from 7-9 pm at Educational Support Services - Jameswood School, 1 Braintree Crescent (off Olive & Ness). To register, please call Shirley Gearns at #837-5886, Ext. 230. Space is limited.

Thursday, October 1st

'Coping With Teens'

Presented by Bryan Emond and Fran Woods,
Child and Family All Nations/ANCR

Adolescents (and parents) often develop interesting and often complex strategies to get what they want. This workshop will offer parents an overview of typical 'acting out' teenage behaviours, their underlying strategies, as well as helpful 'survival tips' for parents to utilize.

Wednesday, October 28th

'Parenting After Separation: How Parents Can Help Their Children Through This Difficult Time'

Presented by Kathy Balagus, Coordinator, For the Sake of the Children Program, Manitoba Family Services and Housing

Separation or divorce can be a time of pain, confusion and sorrow for all involved. Both adults and children may feel a great sense of loss and often need help in coping with all the changes that follow. This program will focus on the children's experience of separation, their needs and reactions at various ages, and what parents can do to help their children cope and adjust.

Monday, November 9th

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

Presented by Sarah James, Behaviour Intervention Resource Teacher, Educational Support Services

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

Monday, November 23rd Triple P- Seminar 2: 'Raising Confident, Competent Children'
Presented by Sarah James, Behaviour Intervention
Resource Teacher, Educational Support Services

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

Wednesday December 2nd Triple P- Seminar 3: 'Raising Resilient Children'
Presented by Sarah James, Behaviour Intervention
Resource Teacher, Educational Support Services

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

Wednesday, January 13th 'Helping Your Shy or Fearful Child'
Presented by Dr. John Walker, Clinical Psychologist,
St. Boniface General Hospital

Many children have some difficulty with shyness or fearfulness. If these difficulties are limiting your child's enjoyment of life there are things that you can do as a parent. We will discuss patterns of anxiety, how common these problems are in children, some of the causes, and practical things that parents can do to help. We will also discuss resources for parents.

Tuesday, February 9th 'Recognizing and Celebrating the Spirit of Youth and Families Through Aboriginal Perspectives'
Presented by Dr. Laara Fitznor, teacher of Aboriginal Education,
University of Manitoba and Jacqollyne Fitznor, U of W student and
recipient of the Helen Betty Osborne Post Secondary Education
Scholarship

Dr. Fitznor and her daughter Jacqollyne will share stories and media productions that demonstrate ways to understand and help our youth work within their family/cultural strengths related to themselves and their communities.

Wednesday, March 3rd

'Stress Buster'

Presented by Arezoo Emadi, President, Art of Living Student Club
and Krutika Vishwakarma, Executive member, AOL Student Club,
University of Manitoba

Come and join us for a 45 minute session free from stress and worries. Learn some cool techniques to relax and empower yourself. Art of Living Foundation presents this "stress buster" session which involves yoga, meditation and breathing techniques to help you deal with daily stresses and anxiety.

What to bring: A bottle of water and a yoga mat (if you have one). Wear loose clothes so that you can comfortably stretch and relax.

Monday, April 12th

**'Understanding Misbehaviour and Making Parenting
"Win-Win"**

Presented by Stacy Kent, Vice-Principal, Lincoln Middle School

Using Diane Gossen's Restitution philosophy, this session will explore the "Needs" that drive the behaviour of both our children and ourselves. Parents will learn tools for responding in ways that result in a winning situation for both parties. Individual family beliefs will be considered in strengthening individuals and the relationships that bind. We will learn how to strengthen one another and be happier with ourselves and our children!

** Child Care can be provided with Pre-Registration. Please call & confirm one week prior to session **

