

## **Parenting isn't just about teaching, it's about learning too.**

Nothing can prepare you for parenthood. We can, however, help you along the way. With a wide variety of parenting programs covering many different topics, we can help you through the difficulties that come with parenthood. Plus, you'll meet other parents who are going through the same things as you are.

There is no foolproof guide to parenting, but we have courses to help you be the best parent you can be.

For information and registration, please contact us at 613-725-3601 ext. 207 or visit us at [www.familyservicesottawa.org](http://www.familyservicesottawa.org) to register online. Subsidies are available where possible.

### **WORKSHOPS AT A GLANCE**

#### ***Just For Dads...the nuts and bolts of parenting***

Wednesdays, Sept. 14 – Nov. 2, 2016

Wednesdays, Feb. 8 – April 5, 2017

6:30 – 8:30

\$150.00

Sometimes all you need are the right tools. This course is designed for fathers who are parenting on their own or in a couple. Fathers will learn concrete and practical skills to promote their children's self-esteem, to build a strong relationship, to discipline, and to communicate effectively with their children.

#### **FRIENDS for Life (anxiety prevention program for children 7- 9 years old)**

Wednesdays, Oct. 5 – Nov. 30, 2016

Wednesdays, April 12 – June 7, 2017

6:00 - 7:30

\$375.00

Anxiety Prevention Program for children 7-9 years old with mild to moderate anxiety. This 9 week program has proven to be effective in building emotional resilience and teaching strategies that are practical and useful for coping with times of worry and change. It's fun too!

**FRIENDS for Life (anxiety prevention program for children 10-12 years old)**

Wednesdays, Jan. 25 – March 29, 2017 (March 15 excluded)

6:00-7:30

\$375.00

Anxiety Prevention Program for children 10-12 years old with mild to moderate anxiety. This 9 week program has proven to be effective in building emotional resilience and teaching strategies that are practical and useful for coping with times of worry and change. It's fun too!

**You're not the boss of me... positive discipline for 0-12 year olds**

Tuesdays, Oct. 17 – Nov. 21, 2016 (Oct. 31 excluded)

Mondays, Feb. 27 – Apr. 3, 2017 (March 13 excluded)

6:30 – 8:30

\$150.00 per person \$275.00 per couple

Ready to tear your hair out? Tired of repeating yourself and having nothing change? This workshop provides a range of positive discipline tools. Topics include child development, effective communication, building self-esteem, setting limits and positive discipline techniques.

**Parenting through HIGH CONFLICT separation and divorce**

Tuesdays, Sept. 20 – Oct. 25, 2016

Tuesdays, Jan. 31 – March 7, 2017

or

Thursdays, Sept. 22 – Oct. 27, 2016

Thursdays, Feb. 2 – March 9, 2017

6:30 – 8:30

\$250.00

In this six-week course you'll learn the skills needed to improve communication and methods to manage upset emotions. You'll learn how to use non-reactive behaviours with your co-parent and children. You'll learn positive approaches to parenting that will support your children's emotional health and you'll learn about the impact of ongoing conflict on children.

**Parenting with Confidence**

Wednesdays, Nov. 16 – Jan. 25, 2016/17 (Dec. 28 excluded)

Wednesdays, April 19 – June 21, 2017

6:30 – 8:30

Free of charge

If you are a parent who is involved with the Children's Aid Society of Ottawa and you have children between the ages of 2-16 come and join us to talk about managing stress, successful communication, discipline that works and lots more.

**Discipline that Doesn't Hurt...*anyone***

Thursdays, Nov. 17 – Dec. 15, 2016

Mondays, May 1 - June 5, 2017 (May 22 excluded)

6:30 – 8:30

\$150.00 per person \$275.00 per couple

Open to parents of children all ages. Discover new strategies for making parenting more effective, less stressful and more rewarding - for everyone. Topics include reasons for misbehaviour, communication skills, building positive relationships and effective discipline techniques.

**Parenting your Anxious Child**

Tuesdays, Nov. 29, Dec 6, Dec. 13, 2016

Tuesdays, May 9, 16, 23, 2017

6:30 – 8:30

\$90.00

Topics include understanding anxiety, child-friendly strategies to reduce anxiety, coping strategies for parents and where to go for more resources.

**Effective Parenting through Positive Discipline SEMINAR**

Thursday Jan. 26, 2017

6:30 – 8:30

\$30.00

Come out and enjoy the evening...learn something new... improve the atmosphere in your

home. This one-night workshop provides a range of discipline tools and a clear idea of how to use the ones that are best suited to *your* child.

**Parenting your Anxious Child SEMINAR**

Thursday, March 23, 2017

6:30 – 8:30

\$30.00

This one night workshop offers an informative and interactive exploration of the challenges and opportunities facing parents of anxious children. Topics include understanding anxiety, child-friendly strategies to reduce anxiety, coping strategies for parents and where to go for more resources.

**Teens... the great parenting challenge SEMINAR**

Thursday April 13, 2017

6:30 – 8:30

\$30.00

This one night workshop offers techniques for effective discipline, coping skills and strategies to help you and your teen succeed. Knowing what to say, what to do and how to connect with your teen can be hard to figure out. In this lively workshop we'll introduce you to 6 principles for parenting teens that will make your parenting easier.

**Anger Management...*especially for parents***

Tuesdays, Mar. 28 – May 2, 2017

6:30 – 8:30

\$175.00

Anger is a common experience for parents – no matter how much you love your children. We'll look at positive ways to express your anger and practical strategies to manage your children's behaviour.