

## **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...parenting when you're single***

Wednesdays, Sept. 16 – Nov. 4, 2015

Wednesdays, Feb. 3 – March 23, 2016

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. 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. 7 – Dec. 9, 2015 (November 11 excluded)

Wednesdays, April 13 – June 8, 2016

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. 27 – March 30, 2016 (March 16 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. 13 – Nov. 10, 2015

Mondays, Feb. 22 - March 28, 2016 (March 14 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 Separation and Divorce**

Thursdays, Oct. 15 – Nov. 12, 2015

6:30 – 8:30

\$150.00

Topics include coping with stress, understanding conflict and how it affects your children, problem solving, cooperative communication, co-parenting and parenting plans.

**Parenting with Confidence**

Wednesdays, Nov. 18 – Jan. 20, 2015/16

Wednesdays, April 13 – June 15, 2016

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. 19 – Dec. 17, 2015

Thursdays, May 5 - June 2, 2016

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. 24, Dec 1, Dec. 8, 2015

Tuesdays, May 10, 17, 24, 2016

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. 28, 2016

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 through HIGH CONFLICT separation and divorce**

Tuesdays, Feb. 2 – March 8, 2016

or

Thursdays, Feb. 4 – March 10, 2016

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 your Anxious Child SEMINAR**

Wednesday, Feb. 17, 2016

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 14, 2016

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***

Mondays, May 2 – June 13, 2016 (May 23 excluded)

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.