

# Parenting with Passion – Winter 2020



To register please email  
[parenting@kwcounselling.com](mailto:parenting@kwcounselling.com)



**Registration begins January 6, 2020**

*Subsidies may be available upon request. Please ask at time of registration.*

## CORE PARENTING COURSES

*Multi-week programs. Certificates of Attendance are given.*

Title	Dates	Time	Location/Address
<b>Parenting Your 6-12 Year Old (5 weeks, \$75)</b> This course focuses on developing skills to help you parent your 6-12 year old. These middle childhood years bring tremendous change! Develop the skills to help your child thrive—at school, with friends, in the community and at home. Learn how your relationship with your child continues to be the most important component of their growth and development.	Wednesdays, February 12 to March 11, 2020	6:00 – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener
<b>Parenting your Baby (5 weeks, \$75)</b> Welcome to parenting! This course will give you practical strategies for building a strong relationship with your baby. Develop the skills and knowledge to give your baby the best start possible. Babies in arms are welcome to attend with you!	Thursdays, January 30 to February 27, 2020	10:00- 11:30am	KW Counselling Services 480 Charles Street East Kitchener

## SHARPEN YOUR PARENTING SKILLS IN A DAY

*Single daytime workshops. Certificates of Attendance are given.*

Title	Dates	Time	Location/Address
<b>Temper Taming Together (\$80 per family)</b> This is a session for parents and children (ages 5 to 12). It focuses on helping children develop the skills to identify, express and manage their emotions more effectively while also helping parents develop the skills to guide and support their children's emotional experiences. We spend some time together learning through activities, and other times we separate so parents get the chance to talk with other parents, while children spend time with trained facilitators.	Saturday, February 29, 2020	9:30am – 3:30pm	KW Counselling Services 480 Charles Street East Kitchener
<b>Connected Dads (\$50)</b> Dads play a unique, important and changing role in their families today. Join a group of fathers to learn about child development and parenting skills. Build upon your strengths and potential to become the best dad you can be!	Saturday, March 14, 2020	10:00am – 3:00pm	KW Counselling Services 480 Charles Street East Kitchener

## POSTIVE PARENTING SEMINAR SERIES

*FREE single evening workshops. No certificates are given.*

Positive parenting is an approach to parenting that emphasizes the role of connection and healthy attachment in the parent-child relationship. It helps parents understand how this relationship is the key to building the skills that children and youth need to be healthy and happy. This series of one-hour positive parenting “snap shots” will get you thinking about your choices as a parent and help you develop strategies to become the parent that you want to be. Each session stands alone. You can attend just one or all of them.

Title	Dates	Time	Location/Address
<b>Thinking or Reacting. Why does it matter?</b> We all know how easily emotions are triggered in our parenting. Despite our best intentions, we often react before we think. This presentation will help you understand why it matters that we manage emotional reactions “in the moment” and give you some strategies for doing this. You will be able to take these strategies home for your kids, as well!	Tuesday, January 28, 2020	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener
<b>Connection or Correction. How do they work together?</b> You have just come in the door and there are shoes all over the front entrance. Do you instantly shout at everyone to pick them up or do you take the time to warmly greet your kids? Find out the difference that a moment of connection makes when your goal is to correct a behaviour.	Wednesday, February 12, 2020	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener
<b>Discipline or Punishment. Which works the best?</b> This presentation looks at the impact of both discipline and punishment on the behaviour of children and teens and helps you to understand the difference between the two. Learn positive discipline strategies to help guide and support your children.	Tuesday, February 25, 2020	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener
<b>Cooperation or Obedience. What are the outcomes?</b> We want our children or teens to do what we ask them to do and when we ask them to do it, right? But we also want to raise kids who can think for themselves and make “good choices”. Learn how our expectations for our kids influence how they learn to make choices in their lives and gain strategies to promote cooperation.	Wednesday, March 11, 2020	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener
<b>Encouragement or Praise. What is the difference?</b> We often think that praise is a way of encouraging our children to succeed but sometimes too much praise can work against our best intentions. This presentation will help you learn the difference and give you some new strategies for encouraging your children.	Tuesday, March 24, 2020	6:30pm – 7:30pm	KW Counselling Services 480 Charles Street East Kitchener

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