

FREE PARENTING WORKSHOPS

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Workshops Include:

1) **Mindfulness – Learning to Surf the Waves of Life** (Two-Session Workshop)

Mindfulness is a way of being and thinking that allows us to live in the present moment, with greater attention and awareness, thereby allowing us to connect more fully to our lives. This workshop provides an introduction to mindfulness and the benefits associated with practice. Included is an overview of mindfulness and meditation research, methods of incorporating mindfulness practice into our everyday lives, and resources and recommended readings for those who want to learn more.

2) **Coping With Stress - The Good, The Bad, And How To Avoid The Ugly** (Two-Session Workshop)

Are you concerned about how you or your child/teen is managing stress? Are you wondering, when is stress a problem? This workshop examines stress as it impacts on parents, children, teens and families. Helpful tips will be provided to aid parents in identifying signs of stress, common stressors, and tips to build a healthy coping tool box to manage stress that cannot be avoided or reduced.

3) **Parenting In The Age Of The Internet** (Two-Session Workshop)

This workshop provides helpful tips that every parent should know about parenting in the age of social media. Strategies will be discussed for protecting your child's privacy, and tips will be provided so parents and schools can work together to promote safe screen time usage. Discussions will also include the risks/effects of cyber bullying, and understanding the recent changes to by-stander legislation.

4) **ADD/ADHD - Strategies for Success** (Two-Session Workshop)

Dealing with ADD or ADHD can be challenging. This workshop will provide information regarding common developmental issues faced by teens of middle and high school age, and how these are impacted by ADD/ADHD. Helpful tips will be discussed for parents to better understand and manage their teen's individual needs, and show how parents and schools can work together to promote academic success.

5) **COPE – Community Parent Education Program** (Eight-Session Workshop)

The Adolescent COPE group is an 8-session parenting group that guides parents using methods proven to reduce parenting stress and improve parent-teen relationships. Parents of youth aged 11 to 15 years work together on solutions to parenting challenges, share ideas, and try out new parent management strategies. Groups will incorporate the use of video clips, problem-solving discussions, and skill-building exercises.

Are you interested in registering? Please refer to the workshop schedule of locations and contact information on the back side of this flyer.

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Workshop Topic	Workshop Location	Session Dates	Number of Sessions
Adolescent COPE – Community Parent Education Program	Associated Youth Services of Peel 160 Traders Blvd. East, Suite 100 Mississauga, ON	Mondays March 31 to June 2/14	8 sessions (excluding statutory holidays)
Parenting in the Age of the Internet	Port Credit SS 70 Mineola Road East, Mississauga, ON	Wednesdays Part 1: April 2 Part 2: April 9/14	2 consecutive weeks
Parenting in the Age of the Internet	Sir Isaac Brock PS 45 Meltwater Crescent Brampton, ON	Thursdays Part 1: April 3 Part 2: April 10/14	2 consecutive weeks
ADD/ADHD - Strategies for Success	Port Credit SS 70 Mineola Road East, Mississauga, ON	Wednesdays Part 1: May 7 Part 2: May 14/14	2 consecutive weeks
Coping with Stress-The Good, The Bad, and How to Avoid The Ugly	Castlemore PS 9916 The Gore Rd Brampton, ON	Tuesdays Part 1: May 13 Part 2: May 20/14	2 consecutive weeks

Are you interested in registering or finding out more about the workshops and the available locations throughout the school year?

Please contact Teanna Brun – Group Services Coordinator - Associated Youth Services of Peel at **905.890.5222 ext. 1243** or via email at **tbrun@aysp.ca**

Free Child Care and Transportation Assistance Can Be Provided, As Needed ***Pre-registration required***; Light Refreshments Will Be Provided; Groups Are Facilitated By Mental Health Professionals