

Family Services Workshop Calendar Jan. 2024 – Mar. 2024

Title	Workshop Description	Dates & Times
Anger CPR: Choosing a Positive Response	Gain awareness of the emotional roots to anger, the difference between anger and aggression, and the steps that take us from frustrated to furious or to adaptation. Discover useable ideas about taming tantrums and minimizing meltdowns, both yours, and your child's.	3 Part series Starts... Jan. 16, 23, & 30 6:30 – 8:30 PM over Zoom
Emotional Adaptability	When we mix our emotions with the experience of others, with updated wisdom about our past stories and upgraded skills, we become more comfortable and more confident with emotional complexity. In this workshop we explore 6 big emotions: Joy, Fear, Sadness, Anger, Shame, and Curiosity.	3 Part series Starts... Jan 11, 18, & 25 9:30-11:30 A.M. Ruth & Naomi's w/ Childminding
Circle of Security™	A research and relationship-based program that takes much of the guess work out of being a caregiver; improving confidence in recognizing their child's emotional needs; and providing information to help interpret their child's behaviours.	8 Part series Jan. 17, 24, 31, Feb. 7, 14, 21, 28, Mar. 6, & 13 9:30-11:30 A.M. Ruth & Naomi's w/ Childminding Feb. 20, 27, Mar. 5, & 12 break 2 weeks Apr. 2, 9, 16 & 23 6:30 – 8:30 P.M. over Zoom
The 3 - Knows	A great foundation for all caregivers, this workshop includes 3 essential things every caregiver needs to know to be successful and confident. Part 1 - Know Yourself, Part 2 - Know Your Child, and Part 3 - Know Your Job. Note* The sessions of this series can be attended in any order. Certificate will be given upon completion of all 3 sessions.	3 Part series TBD
7 Sacred Teachings for Caregivers	This inclusive workshop is presented by Donna Simon, Indigenous Elder and Prevention and Community Engagement Provider. The Indigenous way of life is built around the 7 Sacred Teachings that support the values of Respect, Honesty, Courage, Love, Truth, Humility, and Wisdom. The values are taught by a symbolic animal who demonstrates how one can live life well. With its gentle approach, the 7 Sacred Teachings encourages caregivers to build healthy and balanced lives through critical thinking and a reflective approach.	8-Part series Starts... Fridays Jan 12, 19, Feb. 2, 9, 23, Mar. 1, 8, & 15 9:15-11:45 A.M. Ruth & Naomi's w/ Childminding

Home Improvement	<p>In this workshop we explore strategies for building family routines and schedules; develop effective and creative family meetings; assist caregivers in building their family's screen time toolbox. We will also discover the importance of play for children and discuss cognitive ages and stages with respect to a caregiver's expectations of children.</p> <p><small>Note* The sessions of this series can be attended in any order. Certificate will be given upon completion of all 3 sessions.</small></p>	3 Part series Starts... TBD
ABC's of a Child's Healthy Social & Emotional Development	<p>Explore the work of child development and the conditions that promote optimal development for social and emotional growth in a simple and approachable way. Learn about establishing a child's roots while giving them wings to safely explore their world.</p> <p><small>Note* Age Focus – Prenatal to 3 yrs.</small></p>	3 Part series Starts... TBD
DARING Dads	<p>The role of being a dad, stepdad, granddad is important, yet sometimes it can feel awkward when finding the balance of being strong and firm at the same time as gentle and fair with your kids. Building the skills and confidence to be a Daring, Authentic, Respectful, Inviting, Nurturing, Game-changer can be a challenge and we've got your back! This ongoing group provides an informal setting to hang out while tackling the tough topics needed to contribute to shaping the character of your children. Dad jokes are always welcomed and supported here.</p>	Ongoing with continuous entry Every 2nd Tuesday evening 6:30-8:30 pm Ruth & Naomi's Jan. 16, 30 Feb. 13, 27, Mar. 12
Parents Circle	<p>Join our facilitators for a discussion about anything parenting! This is a great opportunity to engage in further discussion about learning from our workshops or just bring questions about connecting as a family and life as a parent.</p>	Summer Programming TBD
Parenting Enhancement	<p>Promotes awareness of children's development and managing children's behaviour in a constructive and non-hurtful way. Raising confident, competent children takes purpose and intention, especially if our caregivers didn't provide that for us.</p>	3 Part series One- to-One with Joop ongoing
Parenting Adolescents	<p>Because adolescents often present a unique set of challenges for parents, this three-session series is an opportunity for parents of adolescents to study the developmental process of teens, both in terms of brain development, as well as in social and emotional development. This workshop is full of practical insights to reduce some common stressors encountered.</p>	3 Part Series starting... TBD
Supporting Your Teen's Mental Health	<p>In this workshop our Youth Therapist joins us so we can learn about the conditions that result in a mental health diagnosis and how to best walk alongside our children when encountering mental health challenges. This workshop supports parents by giving them practical helps as well as the opportunity to connect to resources. Questions are encouraged.</p>	3 Part Series starting... Jan. 17, 24, & 31 6:30 – 8:30 P.M. over Zoom

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