



100 46187 YALE RD • CHILLIWACK, BC V2P 0M2
TEL 604.792.4267 FAX 604.792.6575
ccsinfo@comserv.bc.ca

Family Services Workshop Schedule

September 2024 – December 2024

For registration contact:

Family Services Intake

familyservicesintake@comserv.bc.ca

Ph: 604-378-8775



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Anger CPR: Choosing a Positive Response

3 part Series – Thursdays (Childcare Available)

Dates: October 24, 31, and November 7

Time: 9:30 – 11:30am

Location: FG Leary Elementary 9320 Walden Street

Description:

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.

Emotional Adaptability

3 part series – Thursdays (Childcare Available)

Dates: October 3, 10, 17

Time: 9:30 – 11:30am

Location: Unsworth Elementary 5685 Unsworth Road

Description:

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.



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Circle of Security TM

8 part series – Wednesdays (Childcare is provided)

Dates: September 25, October 2, 9, 16, 23, 30, November 6, 13

Time: 9:30 -11:30am

Location: Central Elementary School - 9435 Young Road, Chilliwack

Description:

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.

Daring Dads

Ongoing with continuous entry – Every 2nd Tuesday (Childcare is provided)

Dates: Starts September 10, 2024

Time: 6:30 -8:00pm

Location: Chilliwack Community Services (Mt. Slesse Room) - #100 46187 Yale Road, Chilliwack

Description:

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.