

Parenting Workshops Jan – March 2026

Title	Workshop Description	Dates & Times
<i>Circle of Security™</i>	A research and relationship-based program that takes much of the guess work out of being a caregiver and improving confidence in recognizing emotional needs and providing information to help interpret their child’s behaviours.	8 Part series <i>Starts...</i> Jan 6/13/20/27/ Feb 3/ 10/ 24 6:30-8:30pm @ CCS Paramount-Cheam Room.
<i>DARING Dads</i>	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 sometimes be challenging and we’ve got your back! This ongoing group provides an informal setting to hang out while tackling the tough topics needed in contributing to shaping the character of your children. Dad jokes are always welcomed and supported here.	Currently Paused
<i>Emotional Adaptability</i>	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 <i>Starts...</i> Feb 25/ Mar 4/ 11 9:30 – 11:30am @ The NLC at Chilliwack Secondary
<i>Anger CPR</i>	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 adaptation. Discover useable ideas about taming tantrums and minimizing meltdowns, yours, and your child’s.	3 Part series <i>Starts...</i> Jan 21/28/Feb 4 9:30 – 11:30am @ The NLC at Chilliwack Secondary