

Parenting Workshops November 2026 - March 2027

Title	Workshop Description	Dates & Times
Anger CPR	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> November 3/10/17 9:30-11:30 am @ The Neighbourhood Learning Centre
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 <i>Starts...</i> January 20/27/February 3 6:00-8:00 pm @ The Paramount Building
Anger CPR	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> February 17/24/March 3 6:00-8:00 pm @ The Paramount Building