



Positive Parenting

One Night Workshops

CALL TO REGISTER! 519-884-0000



Thanks to the initiative, support and leadership of the Waterloo Region Record, we are able to offer the Positive Parenting series for the twelfth year!

Inspiring presentations on key parenting issues that affect you will be addressed by our very own parent educators. Come join us at many convenient locations throughout the community.

To register for any of these presentations, please call KW Counselling Services at 519-884-0000. A contribution of \$2.00 per family can be made at the door.

Please register early as all the community presentations have limited seating. Hope to see you there!

From Argument to Agreement

Keeping your cool, and reaching a positive solution can be tough, yet conflict with kids is a fact of life. Learn specific ideas for handling conflict with your child in a positive way.

KW Counselling Services
480 Charles Street East, Kitchener
Thursday, October 20, 2011
7:00 pm – 9:00 pm

Solving Sibling Squabbles

The perfect solution to this parenting dilemma is to have only one child. For most of us, it's too late! Learn the causes and benefits of sibling rivalry as well as techniques for tough sibling situations.

Shamrock Co-operative Homes
446 Kingscourt Drive, Waterloo
Tuesday, October 25, 2011
7:00 pm – 9:00 pm

Dealing with Bullies

Are you concerned your child is being bullied? Are you unsure of how to support your school-aged child (Grades 1–8)? This workshop will focus on providing parents with strategies to support their children who may be dealing with a bully in their life. We will also look at how to deal with your child if they are in the bully or bystander role.

Lang's Farm Village Association
887 Lang's Drive, Unit 1, Cambridge
Wednesday, November 2, 2011
6:00 pm – 8:00 pm

ADHD and School Issues

Explore the connection between ADHD and learning issues. Learn ways to help your child cope better at school. Gain strategies for working effectively with teachers.

Trillium Public School
79 Laurentian Drive, Kitchener
Thursday, November 10, 2011
6:30 pm – 8:30 pm

Top 5 ways ANY adult can make a difference in the life of a child...

1. Give them good choices.
2. Tell them how terrific they are.
3. Show up at their concerts, games, and events.
4. Be consistent.
5. Thank them.

Reprinted with permission from J. Roehlkepartain, 150 Ways To Show Kids You Care. (Minneapolis, MN: Search Institute). © Search Institute, 1998.

Watch the Waterloo Region Record for our one-night Parenting with Passion Workshops. Coming to a location near you!



KW Counselling SERVICES
No Appointment Necessary
Walk-In Counselling Clinic
For Individuals, Couples and Families
Thursdays 12-6 pm

Parent Group Fee and Registration Information

Fees are based on your annual family income, unless otherwise stated. Fees will be determined when you register.

Pre-registration is required. Registration and payment is available on our website kwcounselling.com or by telephone 519-884-0000. Please make cheques payable to KW Counselling Services.

Registration deadline is one week before the group begins. Classes will be offered provided there is sufficient registration.

If you would like to support "Parenting with Passion" or other programs at KW Counselling Services, please call 519-884-0000 or visit kwcounselling.com/donate.

Our sincere thanks to the following supporters of the Parenting with Passion Programs:



"Together We Make a Difference"

KW Counselling Services

KW Counselling Services is open Monday to Thursday 8:30 am to 8:00 pm, Friday 8:30 am to 5:00 pm.

Please call 519-884-0000 ext. 248 for further parenting information.

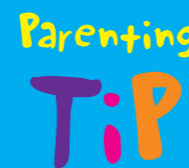


480 Charles Street East
Kitchener, Ontario N2G 4K5
519-884-0000, Fax 519-884-7000
info@kwcounselling.com
kwcounselling.com

KW KIDS.com
Looking for events and groups to attend as a parent/caregiver or family? Visit kwkids.com! You can also post your free events for all KW parents. kwkids.com!

We are excited about this year's line-up of quality parent enhancement programs in partnership with:

The Lyle S. Hallman Foundation
Ministry of Children and Youth Services
United Way of Kitchener-Waterloo and Area
Kitchener Waterloo Community Foundation
Waterloo Region Record
Waterloo Region District School Board
Waterloo Catholic District School Board
Community Centres and Neighbourhood Associations
Ontario Early Years Centres
Region of Waterloo Public Health and Social Services
Lang's Farm Village Association
The Salvation Army Parent-Child Resource Centre



GET DOWN TO THEIR LEVEL.

Parenting with Passion



2011 Fall Programs

Visit KW KIDS.com



Parenting Your Baby and Preschooler



REGISTER ONLINE at kwcounselling.com/eventlist

Learning Begins (0-2 years) 2 weeks

Do you know what it takes to help your baby become “smarter for life”? These workshops provide parents of infant children ages 0-2 years with information on how to foster their infant’s brain development. The goal is to strengthen the role parents play by using an experiential model of learning. Join in this hands-on opportunity to strengthen your child forever.

Mill Courtland Community Centre
216 Mill Street, Kitchener
Mondays, October 17 – 24, 2011
9:30 am – 12:00 pm

Parenting Your Baby (0-2 years) 6 weeks

Welcome to parenting! Share with other parents as you explore your new role. Discuss parenting styles, positive communication, the importance of parental self-care and skills that will build a strong relationship with your child. This workshop is for parents of children 0–2 years of age.

Breithaupt Community Centre
350 Margaret Avenue, Kitchener
Wednesdays, September 28 – November 2, 2011
7:00 pm – 9:30 pm

Parenting Preschoolers (2-4 years) 6 weeks

The preschool years are an important time for setting the basics of discipline, communication and encouragement skills. Many parents find the preschool years an energetic and trying time. Learn tips to deal with eating and bedtime routines, temper tantrums and power struggles. Bring your own unique situations.

YMCA Ontario Early Years Centre – Main Site
161 Roger Street, Waterloo
Tuesdays, October 11 – November 15, 2011
9:30 am – 12:00 pm

For Fathers (0-6 years) 6 weeks

Dads play a unique, important and changing role in their families today. Join a small group of fathers of children 0-6 years of age to learn about child development and parenting skills. Build upon your strengths and potential to become the best dad you can be!

Cambridge Family Early Years Centre
149 Ainslie Street North, Cambridge
Thursdays, October 27 – December 1, 2011
6:00 pm – 8:00 pm

Parenting Your School Aged Child



REGISTER ONLINE at kwcounselling.com/eventlist

Discipline by Design: Parenting Your School-Aged Child (5–12 years) 6 weeks

Self-esteem, effective communication, and discipline are the building blocks of a rewarding parenting experience. Learn to set realistic expectations/limits, encourage cooperation, and stimulate responsibility and independence. Design a parenting style that deepens your relationship with your child now and for the future.

Sandhills Public School
1250 Victoria Street South, Kitchener
Thursdays, October 13 – November 17, 2011
6:30 pm – 9:00 pm

Controlling the Volcano Within 8 weeks

Many parents feel angry sometimes. Children feel angry too! Join other parents and learn how to recognize your own anger patterns, model healthy ways of expressing anger and teach children to manage their emotions in effective ways that will last a lifetime!

KW Counselling Services
480 Charles Street East, Kitchener
Tuesdays, October 11 – November 29, 2011
6:00 pm – 7:30 pm

Parenting Children with ADHD 6 weeks

Share ideas and strategies with other parents. Increase your knowledge about children with ADHD (Attention Deficit Hyperactivity Disorder). Explore positive qualities of children with ADHD. Develop strategies to increase positive behaviour. Reduce aggressive behaviour. Encourage cooperation and solve problems. We will also address learning issues and how to work with your child’s school.

St. Ambrose Catholic School
25 Chalmers Street South,
Cambridge
Wednesdays,
Oct 12. – Nov. 16, 2011
7:00 pm – 9:30 pm



From Conflict to Cooperation 6 weeks

Bedtime. Chores. Homework. Sibling bickering. These and other hassles with your children can bring you to the boiling point. This strategy packed course will give you ideas for handling this conflict with your children, according to your own unique personality.

Holy Rosary Catholic School
485 Thorndale Drive, Waterloo
Wednesdays, October 12 – November 16, 2011
7:00 pm – 9:30 pm

Virtues In Me: Simple Ways to Bring Out the Best in Our Children and Ourselves 6 weeks

The Virtues Project is a framework for living the best life we can and helping others do the same. It offers 5 strategies that we can use to enhance communication and build the strength of our family.

Abraham Erb Public School
710 Laurelwood Drive, Waterloo
Tuesdays, October 18 – November 22, 2011
7:00 pm – 9:30 pm

Parenting Your Teen Workshops

These workshops will help you become more involved in your teen’s life and gain helpful information on important topics. All workshops are 7:00 pm - 9:00 pm at KW Counselling Services, 480 Charles Street East, Kitchener.

Teen Stress and Development
Wednesday, October 26, 2011

Communicating with Your Teen
Wednesday, November 2, 2011

Teen Emotions and Management
Wednesday, November 9, 2011

Encouraging Responsible Choices
Wednesday, November 16, 2011

Problem Solving with Your Teen
Wednesday, November 23, 2011

Open Topic Night (Bring Your Unique Challenge)
Wednesday, November 30, 2011



Common Transitions, Special Topics



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Cooperative Parenting and Divorce 6 weeks

This program focuses on putting your child first, and developing a positive long-term relationship with your child’s other parent. Topics include; children’s issues in divorce, managing anger, resolving conflicts and effective communication.

KW Counselling Services
480 Charles Street East, Kitchener
Mondays, October 17 – November 28, 2011
7:00 pm – 9:30 pm

Families with Special Needs

Join other parents and caregivers to share ideas and strategies for parenting a child with special needs. Learn ways to enhance family communication, address self-esteem, promote self-care and discover strategies around behaviour and discipline. This program is in partnership with the Waterloo Region Family Network.

Tuesday, October 4, 2011
Wednesday, November 2, 2011
7:00 pm – 9:00 pm
Location To Be Determined

This program will meet twice in the Fall, twice in the Winter, and twice in the Spring.



Multicultural Parenting Groups

Learn ways to improve communication, discipline, self-esteem and more! Join other parents to share the opportunities and challenges of maintaining your culture while parenting children in Canada.

Mandarin – Raising Successful Children in Two Cultures 4 weeks

Mount Zion Lutheran Church
29 Westmount Road South
Saturdays, September 10 – October 1, 2011
9:30 am – 12:30 pm

Parenting programs are available in Polish, Portuguese, Somali, Arabic, Spanish, Chinese, Hindu, Urdu, Punjabi, Sinhali, Tamil, Serbo-Croatian as requested. If you have an identified group of parents, please let us know and we can arrange programs that meet your specific needs.

Sharpen Your Parenting Skills in a Day



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Raising Your Spirited Child One Day Workshop

Based on the bestselling book by Mary Sheedy Kurcinka

- Understand your child’s and your own temperamental traits
- Plan for success with a simple four-step program
- Discover the power of positive rather than negative labels
- Cope with tantrums and blowups when they do occur
- Develop strategies for handling mealtimes, bedtimes, holidays, school and many other situations

During this day-long workshop, we will discuss this bestselling book and how to “Raise Your Spirited Child.”

KW Counselling Services
480 Charles Street East, Kitchener
Friday, December 2, 2011
9:00 am - 4:00 pm

Temper Taming: Just For Kids! 8 weeks

Anger is a powerful emotion. Sometimes it’s hard to control, and sometimes it becomes destructive. But, properly understood and managed, anger can be healthy and constructive. These groups provide a ‘tool kit’ of strategies for successful problem solving. Children also learn about ‘triggers’, relaxation and positive communication. Note: Parents and children are required to meet with group leaders before acceptance into the group.

KW Counselling Services
480 Charles Street East,
Kitchener

Primary (6-8 years)
Tuesdays, October 11 – November 29, 2011
6:00 pm – 7:30 pm

Junior (9-11 years)
Tuesdays, October 11 – November 29, 2011
6:00 pm – 7:30 pm

Teen (11-13 years)
Wednesdays, October 12 – November 30, 2011
4:00 pm – 5:30 pm

