

November /
December 2018

Parenting Workshops & Programs in Dufferin County

November

- A** Nov 5–12 ~ **The Anger Game: Help You and Your Child Manage Anger** (7:00–9:00 p.m.)
- A** Nov 7–14 ~ **Don't Burn Out or Fade Away: Healthy Coping Strategies for Busy Families** (7:00–9:00 p.m.)
- E** Nov 9 ~ **Pathways to Wellness for Her** (9:30–11:30 a.m.)
- B** Nov 14–28 ~ **Prenatal Prepare for Parenting Classes** (7:00–9:00 p.m.)
- A** Nov 19 ~ **Help Your Child Manage Anxiety and Foster Self-Esteem** (7:00–9:00 p.m.)
- A** Nov 20 ~ **Developing Executive Functioning Skills for Kids on the Autism Spectrum** (6:30–8:30 p.m.)
- A** Nov 21–28 ~ **Attitude Adjustment: Understanding Your Child's Behaviour** (7:00–9:00 p.m.)
- A** Nov 27 ~ **Flying Solo: Skills for Single Parents** (7:00–9:00 p.m.)

December

- E** Dec 3 ~ **Parent Connection** (9:30–11:30 a.m.)
- D** Dec 4 ~ **Parent Connection** (9:30–11:30 a.m.)
- E** Dec 5 ~ **Fine Motor Skills with Pam Breeze** (9:30–11:30 a.m.)
- E** Dec 7 ~ **Pathways to Wellness for Her** (9:30–11:30 a.m.)
- C** Dec 12 ~ **Parent Connection** (9:30–11:30 a.m.)
- D** Dec 18 ~ **Effective Parenting** (9:30–11:30 a.m.)
- E** Dec 21 ~ **Pathways to Wellness for Her** (9:30–11:30 a.m.)

Ongoing

- C** Wednesdays ~ **CUP–Come Understand Parenting** (12:30–2:30 p.m.)
- C** Thursdays ~ **FAB–Feelings After Birth** (9:30–11:30 a.m.)
- C** Thursdays ~ **FAB – Feelings After Birth** (1:30–3:30 p.m.)

- A** Dufferin Parent Support Network
www.dpsn.ca / 519-940-8678
Wellington-Dufferin-Guelph Public Health
- B** Let's Talk Parenting: 1-800-265-7293, ext. 3616 /
www.wdgppublichealth.ca/
- C** EarlyON Child and Family Centre–Orangeville
30 Centre Street, Orangeville / 519-941-6991 ext. 2205
- D** EarlyON Child and Family Centre–Grand Valley
90 Main Street, Grand Valley / 519-928-3383
- E** EarlyON Child and Family Centre–Shelburne
167 Centre Street, Shelburne / 519-925-5504

To understand why responding to your children in a loving way matters throughout their lives and makes it a little easier to manage the challenge, contact the DuCK member organizations listed above or visit

MyDufferin Directory

www.MyDufferin.ca website directory of contact info for organizations that provide services for parents, children and youth in Dufferin County.

Dufferin Coalition for Kids... Working together to help you be the best parent you can be.

