



FREE COURSES

In collaboration with Lynwood Charlton Hall

January – April 2021

Register Online
YourSpaceHamilton.ca

For more Information

Email: engage@lynwoodcharlton.ca

Or Call 905-389-1361 x288

Repairing the Relationship with my Challenging Child (60 minute Virtual session)

Have you lost the connection with your child? This workshop provides ideas for helping resolve conflicts and repair parent-child relationships, improved compliance, and communication.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday January 5	6:00 – 7:00 pm	YourSpaceHamilton.ca

Understanding ADHD and ADD (60 minute Virtual session)

We will review common behaviours and characteristics of ADHD. Whether your child is diagnosed or you suspect they may have ADHD you will learn some practical tips to help you on your parenting journey

Participants	Date	Time	Location
Parents & Caregivers	Wednesday January 6	5:30- 6:30 PM	YourSpaceHamilton.ca

You Must Register For ALL Courses

Register at: YourSpaceHamilton.ca

How to Talk To Your Teen (60 minute Virtual session)

This will provide parents/caregivers some basic understanding of teen development, provide tools and strategies to improve parent/teen communication and work towards reducing conflict by establishing collaborative problem solving strategies.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday January 12	6:00 –7:00 pm	YourSpaceHamilton.ca

Managing Meltdowns (6- 18 yrs.) (4 weekly - 60 minute Virtual sessions)

This four session course focuses on collaborative problem solving to help defuse behaviours and improve communication. Whether you are dealing with explosive behaviours or a child that shuts down it can make parenting more difficult. Spirited temperaments, understanding what is behind the child's behavior, coping strategies and two-way problem solving/communication will be reviewed.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday January 19, 26 February 2, 9,	6:00- 7:00 pm	YourSpaceHamilton.ca

Friendships: Helping your child make and keep them (60 minute Virtual session)

This workshop is for parents /caregivers of children and youth 10-18 years of age. The focus will be on helping caregivers develop an understanding of social skill development and how they can assist their child/teen.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday February 16	12:30-1:30 pm	YourSpaceHamilton.ca

Parenting Your Anxious Child (3 weekly - 60 minute Virtual sessions)

This course will review different childhood anxiety disorders, why children are anxious and how it affects them. Parents will learn how to deal with the anxious and sometimes disruptive behavior that gets in the way of everyday living.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday February 23, March 2, 9	6:00-7:00 pm	YourSpaceHamilton.ca

Burnt Out! (3 weekly - 60 minute Virtual sessions)

When our stress levels are too high it can be hard to take care of others. Learning to take care of yourself first is not selfish, it helps you be a better parent and a better you. This workshop series will be an opportunity to reconnect with yourself. We will help you get back to being a happier, empowered, and in control parent that you deserve to be.

Participants	Dates	Time	Location
Parents & Caregivers	Wednesday March 3, 10, 17	5:30-6:30 pm	YourSpaceHamilton.ca

Register at: YourSpaceHamilton.ca

Parenting Your Child with ADHD (3 weekly - 60 minute Virtual sessions)

This course will review ADHD, and how it effects children and teens. We will review why your child acts the way that they do and how to give them the tools they need to succeed Topics disussed: evidence based parenting stratagies, emotional regulation, executive functioning, and social skills.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday March 23, 30, April6	6:00- 7:00 pm	YourSpaceHamilton.ca

Treatment Options for Children with ADHD (60 minute Virtual session)

Dr. Bill Mahoney will present information in this 60 minute overview of treatments available to children diagnosed with ADHD. There will be time following the presentation for questions.

Participants	Date	Time	Location
Parents & Caregivers (no child care)	Wednesday April 14	7:00 – 8:00pm	YourSpaceHamilton.ca

Building Your Parenting Tool Box (3 weekly - 60 minute Virtual sessions)

This three-session course will review a variety of parenting strategies that have proven to be effective. Topics that will be discussed are: understanding your child's disruptive behaviour, reducing conflict, dealing with emotions, communication and problem solving.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday April 13, 20, 27	6:00- 7:00 pm	YourSpaceHamilton.ca

I'm Scared of the Doctor and Dentist Too (60 minute Virtual session)

Help your child overcome their fear of dentists, doctors, needles and medical appointments. Parents will gain a better understanding of how to prepare and educate children for doctor, dentist and hospital visits. Coping strategies and practical tips with be taught..

Participants	Date	Time	Location
Parents & Caregivers	Tuesday April 27	12:30-1:30 pm	YourSpaceHamilton.ca

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