



Offering free educational programs and resources for parents, youth and children.



Check out our Growing Together guidebook



**To register call:
(905) 521-2100 extension: 74147**

Or email

<mailto:communityeducationse@hhsc.ca>

**The Child & Youth Mental Health Program
COMMUNITY EDUCATION SERVICE
October to December 2020**

***Registration is necessary.**

We need your email in order to send you the zoom link for the course.

Various Topics Available:

Difficult Behaviour, Parenting, Teen Behaviour, Dealing with Emotions, Parental Self-Care, Mental Health (Anxiety, ADHD), Communication and Much More!

Free



*Communication & relationship building workshops for parents
(1 session):*

Co-Parenting through Divorce and Separation (one 60 minute VIRTUAL session through ZOOM)

The end of a relationship can be difficult on everyone, especially the children. When parents split up children are effected in different ways. What children want most is for the fighting to stop. This course will help with co-parenting strategies and re-defining your new relationship.

Register: communityeducationse@hhsc.ca or call 905-521-2100 x74147

Participants	Date	Time	Location
Parents & Caregivers	Tuesday December 15	6:00-7:00 pm	VIRTUAL sessions on ZOOM

*Parenting strategies to help with mild to moderate behaviours
(courses: 3+ sessions)*

Building Your Parenting Tool Box (3 weekly VIRTUAL sessions through ZOOM)

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.

Register: communityeducationse@hhsc.ca or call 905-521-2100 x74147

Participants	Start Date	Time	Location
Parents & Caregivers	Wednesday December 2	5:30- 6:30 PM	VIRTUAL sessions on ZOOM

*Parenting strategies to help with mild to moderate behaviours
(workshops 1 session)*

Learn How to validate your Child (one 60 minute VIRTUAL session through ZOOM)

Validation is a powerful tool for parents. It helps you connect with your child/teen and it can diffuse difficult behaviour. They will feel heard and may open up more. This workshop will give you the skills to get you started.

Register: communityeducationse@hhsc.ca or call 905-521-2100 x74147

Participants	Date	Time	Location
Parents & Caregivers	Tuesday December 1	6:00-7:00 pm	VIRTUAL sessions on ZOOM



Positive Parenting (one 60 minute VIRTUAL session through ZOOM)

Participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance.

Register: communityeducationse@hhsc.ca or call 905-521-2100 x74147

Participants	Date	Time	Location
Parents & Caregivers	Tuesday November 24	6:00-7:00 pm	VIRTUAL sessions on ZOOM

Understanding moderate to severe behaviours (1 session)

Understanding ADHD and ADD (One 60 minute VIRTUAL session through ZOOM)

This one session workshop will go over common behaviours and characteristics of ADHD. Whether your child is diagnosed or you are suspecting they may have ADHD this workshop will give you some practical tips to help you on your parenting journey

Register: communityeducationse@hhsc.ca or call 905-521-2100 x74147

Participants	Date	Time	Location
Parents & Caregivers	Wednesday October 7	5:30- 6:30 PM	VIRTUAL sessions on ZOOM