



# FREE COURSES

In collaboration with Lynwood Charlton Hall

**May – August 2021**

**Register Online**  
[YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)

**For more Information**

Email: [engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca)

Or Call 905-389-1361 x288

You Must Register  
For ALL Courses

**When Conversations are Difficult at Home (60 minute Virtual session)**

This workshop provides ideas for helping re-build connection with your child or teen, working together, strengthening the parent-child relationship and improving cooperation and communication.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday May 4	6:00 – 7:00 pm	YourSpaceHamilton.ca
Parents & Caregivers	Wednesday July 7	5:30-6:30 pm	YourSpaceHamilton.ca

**Expressing Feelings (60 minute Virtual session)**

An educational workshop for caregivers explaining the basics of emotional regulation. You will learn how to help your child deal with their emotions in a helpful way. Teach your child and youth how to talk it out instead of act it out.

Participants	Date	Time	Location
Parents & Caregivers	Wednesday May 5	5:30- 6:30 PM	YourSpaceHamilton.ca
Parents & Caregivers	Tuesday July 13	6:00 – 7:00 pm	YourSpaceHamilton.ca

**Register at: [YourSpaceHamilton.ca](http://YourSpaceHamilton.ca)**

### **Dealing with Impulsivity (60 minute Virtual session)**

This single session workshop will help caregivers understand how they can use a variety of techniques and visual strategies to help their child (including children with ADHD) gain better self-control, become more independent and get tasks done.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday May 11	6:00 –7:00 pm	YourSpaceHamilton.ca

### **Taking Care of You! – Why it Matters (60 minute Virtual session)**

Life is challenging and you can't pour from an empty cup. Self Care is more than a bubble bath or taking a walk. Join us for this online webinar to learn how to incorporate self-care and self compassion into your daily routines so you can recharge and feel calm and confident as a person and parent.

Participants	Dates	Time	Location
Parents & Caregivers	Wednesday May 12	5:30-6:30 pm	YourSpaceHamilton.ca

### **Anxiety in Children and Youth (60 minute Virtual session)**

This workshop is an introduction for caregiver to understanding childhood anxiety. What you will learn: How it effects your child and different anxiety disorders and some basic coping strategies will be discussed.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday June 15	6:00 – 7:00 pm	YourSpaceHamilton.ca

### **Helping Your Child and Youth Deal with Stress (60 minute Virtual session)**

Is your child or youth having a hard time handling their stress? Join us for this online webinar to find out more about stress triggers and the effects on your child and teen. We will discuss coping strategies and how to empower your child and youth.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday June 22	6:00-7:00 pm	YourSpaceHamilton.ca

### **I'm Shy (60 minute Virtual session)**

A 1 Hour VIRTUAL educational workshop that will introduce some of the issues or concerns with shy, anxious behaviours with your child. Strategies and supports available for your child will be discussed and provided.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday June 29	6:00-7:00 pm	YourSpaceHamilton.ca

### **Giving Your Child The Tools For Life (60 minute Virtual session)**

An educational workshop to help parents understand how to raise resilient children. They respond differently to the challenges in life. You will learn how to empower your child and teach them new skills so they can learn to bounce back with confidence.

Participants	Dates	Time	Location
Parents & Caregivers	Wednesday June 30	5:30-6:30 pm	YourSpaceHamilton.ca
Parents & Caregivers	Tuesday Aug. 31	6:00-7:00 pm	YourSpaceHamilton.ca

### **Positive Parenting (1 hour session)**

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

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

**Mental Illness – What Is It? (1 hour session)**

Participants will develop a basic understanding of mental illness and its effects on the lives of children and youth.

Participants	Date	Time	Location
Parents & Caregivers	Wednesday July 14	5:30 – 6:30 pm	YourSpaceHamilton.ca

**Peaceful Practices at Home (1 hour session)**

Participants will be introduced to a variety of techniques and strategies for reducing stress, clearing the mind, improving focus and decision making. A big benefit is that parents will be able to help teach their children and improve emotional regulation.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday July 20	6:00 – 7:00 pm	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	Wed. July 21, 28, Aug. 4	5:30 – 6:30 pm	YourSpaceHamilton.ca

**Advocating for My Child (1 hour session)**

Do you struggle to communicate your child's needs at school? It can be hard to know how to work as a team with your child's school, daycare, and community supports. This workshop will help you to take the positive steps to get you there.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday August 3	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	Tuesday Aug, 10, 17, 24	6:00 – 7:00 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	Wednesday Aug. 11, 18, 25	5:30 – 6:30 pm	YourSpaceHamilton.ca

**Helping Your Child and Youth with Organization and Focus (1 60 minute Virtual session)**

Give your child the skills and tools they need to do well. Time management, routines, habits, charts and more.

Participants	Dates	Time	Location
Parents & Caregivers	Wednesday September 1	5:30 – 6:30 pm	YourSpaceHamilton.ca