



FREE COURSES

DATES:

May to August 2021

TO REGISTER:

<https://www.hamiltonhealthsciences.ca/mc-master-childrens-hospital/patients-visitors/family-resources/>

EMAIL:

COMMUNITYEDUCATIONSE@HHSC.CA

Please provide your email in order to receive a zoom link for the session.

Courses to help with Anxiety for child and parent to attend together

kNOw Fear (6 weekly sessions)

Know fear is an **Educational** CBT based anxiety group for children ages 8-12 yrs. and their caregiver(s). Together the family will learn what stressors most effect their child. Identify how the child reacts to these worries/ fears, and how to deal with them in a positive and effective way. This is not a treatment group.

First session is a Parent ONLY Orientation

Age	Start Date	Time	Location
8-12 yrs.	Wednesday May 19, 26 June 2, 9, 16, 23	5:30- 6:30 pm	VIRTUAL via Zoom

You must Register for all courses

For more information: call 905.521.2100 ext. 74147

Parenting courses to help with Anxiety

Anxiety in Children and Youth (1 hour 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	Thursday May 6	10:00- 11:00 am	VIRTUAL via Zoom
Parents & Caregivers	Thursday August 19	10:00- 11:00 am	VIRTUAL via Zoom

Why Little Kids Worry (3-10yrs) (1 hour session)

This one session workshop helps caregivers to identify stressors and learn how they affect their child's daily life. You will be introduced to some basic coping strategies appropriate to manage a young child's stress.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday May 18	12:30- 1:30 pm	VIRTUAL via Zoom

I'm Shy (1 hour session)

This one session workshop will explore why children act shy, focusing on children that whisper, speak minimally or not at all at school or in public settings. Evidence based strategies will be provided to help your child start to speak more comfortably in public.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday July 6	12:30- 1:30 pm	VIRTUAL via Zoom

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 effects 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	Monday June 7, 14, 21	4:00-5:00 pm	VIRTUAL via Zoom

Parenting courses

Temper tantrums VS Meltdowns: Is there really a difference? (1 hour session)

After the age of two we expect that our children stop having temper tantrums. You may have a child that is well beyond the toddler years who still has a hard time controlling their emotions. Is it behavioural or is there really a concern we can help with?

Participants	Date	Time	Location
Parents & Caregivers	Tuesday May 11	12:30- 1:30 pm	VIRTUAL via Zoom
Parents & Caregivers	Tuesday August 31	12:30- 1:30 pm	VIRTUAL via Zoom

Managing Routines (1 hour session)

This one session workshop will review the basics and benefits of developing consistent routines and how to best manage bedtime, homework and everyday routines. Visuals, organizational skills, pre-planning and transitions will be discussed.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday May 4	12:30- 1:30 pm	VIRTUAL via Zoom
Parents & Caregivers	Thursday August 5	10:00- 11:00 am	VIRTUAL via Zoom

Emotions in Motion – Big Emotions (1 hour session)

An introductory educational workshop for caregivers explaining some of the basics of emotional regulation and executive functioning and how this effects your child and teen.

Participants	Date	Time	Location
Parents & Caregivers	Thursday May 13	10:00- 11:00 am	VIRTUAL via Zoom

Learn How to validate your Child (1 hour session)

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.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday May 25	12:30- 1:30 pm	VIRTUAL via Zoom

COPEing with 3-12 year olds (6 weekly sessions)

This evidence based program teaches parenting strategies to strengthen relationships and increase cooperation with your children.

Participants	Dates	Time	Location
Parents & Caregivers	Thursday May 20, 27 June 3, 10, 17,24	10:00- 11:00 am	VIRTUAL via Zoom
Parents & Caregivers	Tuesday July 20,27, Aug. 3,10,17,24	12:30- 1:30 pm	VIRTUAL via Zoom

Why Won't They Listen? (1 hour session)

This one session workshop will review ways to increase your child's cooperation and listening. You will learn effective ways of teaching your child how to manage their strong emotions and work collaboratively with them to find a new way to deal with behaviours and issues.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday June 29	12:30- 1:30 pm	VIRTUAL via Zoom

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 June 1	12:30- 1:30 pm	VIRTUAL via Zoom

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 May 18, 25, June 1, 8	6:00- 7:00 pm	VIRTUAL via Zoom

How to Talk to Your Teens (1 hour session)

In this workshops caregivers will explore strategies designed to strengthen relationships, reduce oppositional behaviours, increase cooperation and restore communication with their youth.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday July 13	12:30- 1:30 pm	VIRTUAL via Zoom

Parent Self Care – Making Time for You! (1 hour session)

Parenting is hard work. Add difficult behaviour, multiple children with different needs, homework, chores and meal prep and there is little time left for you! We understand and we are here to support you. We will talk about how to get rid of the guilt of taking care of yourself, brain storm ideas and how to make it happen. Because you matter.

Participants	Date	Time	Location
Parents & Caregivers	Thursday July 15	10:00 – 11:00 am	VIRTUAL via Zoom

Understanding ADHD and ADD (1 hour session)

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

Participants	Date	Time	Location
Parents & Caregivers	Thursday July 22	10:00- 11:00 am	VIRTUAL via Zoom

Co-Parenting through Divorce and Separation (1 hour session)

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

Participants	Date	Time	Location
Parents & Caregivers	Thursday August 12	10:00- 11:00 am	VIRTUAL via Zoom





MORE Free Classes

We are running in collaboration with Lynnwood
Charlton Hall & www.yourspaceHamilton.ca

Mental Illness- What is it?
Peaceful Practices at Home
Expressing Feelings
Why little kids worry
Building your Parenting Toolkit
When Conversation at Home are Hard
Advocating for your Child
Parenting Your Anxious Child
Burnt Out
Helping your Child and Youth with
Organization and Focus

[Course & Webinar Registration](#)

For more information:

Send an email to
engage@lynwoodcharlton.ca
or
Send a text/call 905-536-9323