



# FREE COURSES

In collaboration with Lynwood Charlton Hall

September - December 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

### **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	Tuesday September 2	6:00-7:00 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 September 14	6:00 – 7:00 pm	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 discussed: evidence based parenting strategies, emotional regulation, executive functioning, and social skills.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday September 21, 28 and October 5	6:00- 7:00 pm	YourSpaceHamilton.ca

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

**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 October 12	6:00- 7:00 pm	YourSpaceHamilton.ca

**Raising Your Teen (3 weekly- 60 minute Virtual session)**

We will help you from parenting a school aged child to a pre-teen/teen. We will discuss communication, getting them to cooperate and working together to build their independence and create a supportive and happy relationship.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday October 19, 26 and November 2	6:00- 7:00 pm	YourSpaceHamilton.ca

**Teen Session (60 minute Virtual session)**

Join our creative session for teens talking about emotion, and changing your mindset.

Participants	Dates	Time	Location
Parents & Caregivers	Wednesday November 3	5:30- 6:30 pm	YourSpaceHamilton.ca

**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 November 9	6:00- 7:00 pm	YourSpaceHamilton.ca

**Working it Out Together: Collaborative Problem Solving (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	Date	Time	Location
Parents & Caregivers	Tuesday November 16, 23, 30 and December 7	6:00- 7:00 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 December 14	6:00- 7:00 pm	YourSpaceHamilton.ca