



# FREE COURSES

## DATES:

September to December 2021

## TO REGISTER:

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

## EMAIL:

[COMMUNITYEDUCATIONSE@HHSC.CA](mailto: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	Dates	Time	Location
8-12 yrs.	Wednesday September 22, 29 October 6, 13, 20, 27	5:30- 6:30 pm	VIRTUAL via Zoom
8-12 yrs.	Wednesday November 10, 17, 24, December 1, 8, 15	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*

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### **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	Monday September 13	4:00- 5:00 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	Thursday October 7	10:00- 11:00 am	VIRTUAL via Zoom

### **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	Tuesday October 26	12:30- 1:30 pm	VIRTUAL via Zoom

## *Parenting courses*

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### **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	Wednesday September 8	5:30- 6:30 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 September 14	12:30- 1:30 pm	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	Wednesday September 15	5:30- 6:30 pm	VIRTUAL via Zoom

### **How to Talk to Your Teen (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 September 21	12:30- 1:30 pm	VIRTUAL via Zoom

### **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	Thursday September 23	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 September 28	12:30- 1:30 pm	VIRTUAL via Zoom

### **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	Thursday September 30	10:00 – 11:00 am	VIRTUAL via Zoom

### **Helping Children Bounce Back from Struggles (60 minute Virtual session)**

This workshop provides ideas for helping build resiliency in your child and teen. Brainstorm potential obstacles and what solutions can be put in place.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday October 5	12:30- 1:30 pm	VIRTUAL via Zoom

### **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	Monday October 18, 25, and November 1	4:00- 5:00 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	Tuesday October 19	12:30- 1:30 pm	VIRTUAL via Zoom

### **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 November 2	12:30- 1:30 pm	VIRTUAL via Zoom

**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	Tuesday November 9	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 November 11, 18, 25 December 2, 9, 16	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 affects your child and teen.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday November 16	12:30- 1:30 pm	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	Monday November 22	4:00- 5:00 pm	VIRTUAL via Zoom

**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 November 30 December 7, 14	12:30- 1:30 pm	VIRTUAL via Zoom





## MORE Free Classes

We are running in collaboration with Lynnwood  
Charlton Hall & [www.yourspaceHamilton.ca](http://www.yourspaceHamilton.ca)

**Advocating for your Child**  
**Parenting Your ADHD Child**  
**Understanding ADHD/ADD**  
**Creative Teen Session**  
**Raising Your Teen**  
**Managing Routines**  
**Why Won't They Listen**  
**Anxiety in Children and Youth**  
**Working It Out Together (Managing Meltdowns)**

### **Course & Webinar Registration**

**For more information:**

Send an email to  
[engage@lynwoodcharlton.ca](mailto:engage@lynwoodcharlton.ca)

or

Send a text/call 905-536-9323