



## Parenting Program

### Free Online Classes

<https://www.hdgh.org/PositiveParentingRegister>  
519.257.KIDS (5437)



#### PARENTS with children 0 -12yrs

##### Triple P Seminars

6:00-8:00pm - Tues, Jan 21, 28 & Feb 4

- The Power of Positive Parenting
- Raising Confident & Competent
- Raising Resilient Children

#### PARENTS with children 6 -12yrs

##### Executive Functioning Explained

6:00-7:30pm - Thurs, Feb 6

Learn more about executive functioning and how to support your child through practical strategies

##### Understanding your Children's Fear & Anxiety

6:00-7:30pm - Tue, Mar 18

Learn about anxiety and how to help your child reduce worry and develop confidence and coping skills

##### Exploring How Your Child's Brain Works

6:00-7:30pm - Mon, Mar 24

This presentation teaches how the brain works in order to respond to children when they are experiencing complex emotions.

#### Free **In Person** Regional Children's Centre (RCC) Group

There is no online registration for the RCC TIP & Circle of Security programs  
To register call 519.257.KIDS (5437)

#### Trauma Informed Parenting (TIP) Group For Parents with children 6 -12yrs

6:00-8:00pm - Tue, Jan 21 - Mar 4

7 week program - Attendance at each session is mandatory for this program

This group is for caregivers to learn about the impact of trauma on children's development and to learn strategies to appropriately respond to behavioural and emotional challenges of children who have experienced trauma

#### Circle of Security Parent Group - 8 week group

9:30-11:30am - Tue, Jan 14 - Mar 4 **or** 6:00-8:00pm - Wed, Jan 15 - Mar 5

The focus of this group is to enhance the child-caregiver relationship. Learn how understand your child's emotions, enhance your child's self-esteem and how to secure, strengthen and support your relationship

#### PARENTS with anxious children/teen 6-14yrs

##### Fear Less - 6 week program

6:00-8:00pm - Wed, Jan 29, Feb 5, 12, 19, 26 & Mar 5

Learn more about anxiety and how to help your child / teen reduce worry and develop confidence and coping skills

#### PARENTS with teens 10-16yrs

##### Triple P Teen Discussion Group

6:00-8:00pm - Wed, Jan 22 & Jan 29

- Building Teenagers' Survival Skills
- Reducing Family Conflict

#### SEPARATED OR DIVORCED PARENTS

##### Family Transitions - 5 week program

Wed, 6:00-8:00pm - Feb 26, Mar 5, 19, 26 & April 2

Learn ways to promote a healthy transition for you and your child / teen