

Free Parenting Workshops & Programs in Dufferin County

March / April 2020

March

- C** Mar 3 ~ **Effective Parenting, Positive Discipline** (9:30–11:30 a.m.)
- F** Mar 4 ~ **A Caregiver's Journey Workshop** (6:15–8:15 p.m.)
- A** Mar 4 ~ **Surviving-Thriving in the Tween/Teen Years** (7:00–9:00 p.m.)
- F** Mar 11 ~ **Sexuality and Fetal Alcohol Spectrum Disorder** (6:00–8:00 p.m.) (Guelph)
- Mar 13 ~ **Community Resource Group for Parents and Caregivers of Children with Additional Needs** (9:30–11:30 a.m.)
- F** Mar 19 ~ **A Caregiver's Journey Workshop** (9:30–11:30 a.m.)
- C** Mar 23 ~ **Biology of Infant Sleep: Helping You and Your Baby Sleep Well** (9:30–11:30 a.m.)
- C** Mar 24 ~ **Starting Solids** (9:30–11:00 a.m.)
- A** Mar 26 ~ **Siblings without Rivalry** (7:00–9:00 p.m.)
- E** Mar 30 ~ **Crockpots & Conversation** (9:30–11:30 a.m.)
- Mar 30 ~ **Positive Communication to End Power Struggles & Encourage Cooperation** (7:00–9:00 p.m.)
- F** Mar 31 ~ **FASD Information Sessions: Understanding Fetal Alcohol Spectrum Disorder** (6:30–8:30 p.m.)
- A** Mar 31–Apr 7 ~ **Skills for Defusing Challenging Behaviour** (Tue, 7:00–9:00 p.m.)

April

- A** Apr 2 ~ **Positive Parenting After Separation** (6:30–9:30 p.m.)
- F** Apr 6 ~ **Brain Development and Fetal Alcohol Spectrum Disorder** (6:00–8:00 p.m.) (Guelph)
- D** Apr 7 ~ **Coffee and Conversation for Grandparents** (9:30–11:30 a.m.)
- H** Apr 7–June 16 ~ **Peaceful Families** (Tue, 4:30–6:30 p.m.)
- A** Apr 8–15 ~ **The Anger Game: Help You and Your Child Manage Anger** (Wed, 7:00–9:00 p.m.)
- G** Apr 14 ~ **The "How" in Shanker Self-Reg®** (6:15–8:15 p.m.)
- C** Apr 15 ~ **Raising Healthy, Happy and Adventurous Eaters** (9:30–11:00 a.m.)

April (cont'd)

- A** Apr 20 ~ **Help Your Child Manage Anxiety and Foster Self-Esteem** (7:00–9:00 p.m.)
- D** Apr 21 ~ **Mommy Needs Time Too** (9:30–11:30 a.m.)
- F** Apr 21 ~ **FASD Information Sessions: Understanding Fetal Alcohol Spectrum Disorder** (6:30–8:30 p.m.)
- A** Apr 23 ~ **Manage Mealtime Madness: Tips and Tricks for Busy Families** (7:00–9:00 p.m.)
- C** Apr 27 ~ **Attachment Parenting: What Is It? Is It Right for Me?** (9:30–11:30 a.m.)
- A** Apr 27 ~ **Recognizing and Supporting Your Child's Special Needs** (7:00–9:00 p.m.)

Online and Ongoing

- C** Wednesdays ~ **CUP–Come Understand Parenting** (12:30–2:30 p.m.)
- C** Thursdays ~ **FAB–Feelings After Birth** (9:30–11:30 a.m.)
- C** Thursdays ~ **FAB–Feelings After Birth** (1:30–3:30 p.m.)
- E** Fridays ~ **Filling Your CUP** (9:30–11:30 a.m.)
- F** 1st Thursday each month ~ **Fetal Alcohol Spectrum Disorder Caregiver Support Group** (6:30–8:30 p.m.)
- B** Online ~ **Online Prenatal and New Parent Program**

- A** Dufferin Parent Support Network
www.dpsn.ca / 519-940-8678
Wellington-Dufferin-Guelph Public Health
- B** Let's Talk Parenting: 1-800-265-7293, ext. 3616 /
www.wdgpulichealth.ca
- C** EarlyON Child and Family Centre–Orangeville
30 Centre Street, Orangeville / 519-941-6991 ext. 2205
- EarlyON Child and Family Centre–Grand Valley
- D** 90 Main Street, Grand Valley / 519-928-3383
- EarlyON Child and Family Centre–Shelburne
- E** 167 Centre Street, Shelburne / 519-925-5504
- Dufferin Child and Family Services
- F** www.dcafs.on.ca / 519-941-1530
- County of Dufferin
- G** <http://bit.ly/self-reg-dufferin>
- H** Family Transition Place
519-942-4122 / www.familytransitionplace.ca

To understand why responding to your children in a loving way matters throughout their lives and makes it a little easier to manage the challenge, contact the DuCK member organizations above or visit

MyDufferin Directory

www.MyDufferin.ca is a website directory of organizations that provide services for parents, children and youth in Dufferin County.

Dufferin Coalition for Kids... Working together to help you be the best parent you can be.



dufferincoalitionforkids.ca