



Family Services Durham Family Life Education 2012 Spring Workshops

- ◆ **Accepting Anxiety and Facing Fears**, a two-hour evening workshop.
This workshop is designed to help people understand anxiety and its effects, and develop practical skills and strategies to help them manage anxiety, face their fears and ride out panic.
Workshop dates: Tuesday, Feb. 7 and May 8
- ◆ **Bully Proofing Your Child**, a two-hour evening workshop for parents.
Strategies to respond to suspected bullying, why bullying is not about anger, the difference between telling and tattling and breaking the cycle of violence.
Workshop dates: Tuesday, Jan. 24 and April 17
- ◆ **Child-Focused Parenting Plans**, a two-hour evening workshop for parents.
Discussing care of your children post-separation. This will provide participants with the opportunity to learn, discuss and explore issues which relate to the creation of successful parenting plans.
Workshop dates: Tuesday, Jan. 31 and March 27
- ◆ **Grief**, a two-hour evening workshop.
How to better understand loss and the grieving process, going through the healing process during a time of loss, and what you need to know to support someone who is grieving.
Workshop dates: Wednesday, March 28 and June 6
- ◆ **Helping Children Cope with Separation and Divorce**, a two-hour evening workshop for parents.
Understanding how children grieve during separation and divorce, factors affecting a child's successful adjustment, and parenting strategies to support the child's transition.
Workshop dates: Thursday, Jan. 26, March 29 and May 31
- ◆ **High-Conflict Parenting During Separation and Divorce**, a two-hour evening workshop for parents.
Helping parents understand and manage families in conflict during separation and divorce, and teaching how to protect their children from negative consequences of parental conflict.
Workshop dates: Thursday, Feb. 2, April 5 and June 7
- ◆ **Protecting Children From Sexual Abuse**, a two-hour evening workshop for parents.
What is sexual abuse? What do children need to know to be safe? What are the warning signs of sexual abuse? What do parents need to do to keep children safe?
Workshop dates: Tuesday, Feb. 28 and April 24
- ◆ **The Sandwich Generation**, a two-hour evening workshop.
Discussions around those sandwiched between aging parents, who need care/help, and their own children.
Workshop dates: Wednesday, Feb. 8 and May 2
- ◆ **The Gift of ADHD**, a two-hour evening workshop.
Information is given to explain how you can help your child develop control over inattentive and hyperactive behaviour, and enhance the five gifts of ADHD.
Workshop date: Tuesday, May 15

Fee - \$20 per person (per workshop) **Time** - Evenings from 6 to 8 p.m.

Location - The Regional Municipality of Durham Headquarters, Whitby

Note: Child Care is NOT provided.

**For information or to register, please call
Family Services Durham at 905-666-6240 (press '0').**

If this information is required in an accessible format, please contact 1-866-840-6697 ext. 0.



The Regional Municipality of Durham
Social Services Department
www.durham.ca

Family Services Durham
"Helping you find your inherent strength,
courage and wisdom."