



# Growing Great Kids! Growing As Parents!

**How to encourage social and emotional well-being  
in children while growing and nurturing ourselves as parents**

**For parents with children under eight years old.**

## **Workshop sessions include:**

- Development and temperament.
- Body image and sexuality.
- Attachment.
- Importance of play.
- Communication and language.
- Positive self-esteem.
- Positive values and discipline strategies.
- Emotional regulation.
- Responsibility and problem solving.

### **2009 evening session dates**

Jan. 29, Feb. 26, March 26,  
April 30, May 28, June 18,  
Sept. 24, Oct. 29 and Nov. 26

### **2009 daytime session dates**

March 25 to June 17

### **Time**

Thursdays from 6 to 8 p.m.

Every Wednesday from 1 to 3 p.m.

### **Location**

The Regional Municipality of Durham  
Headquarters  
605 Rossland Rd. E., WHITBY

YMCA Ontario Early Years Centre  
45 West Side Dr., Bowmanville

### **Fee**

\$135 (\$20 for each workshop) per person      Based upon participant's ability to pay.  
\$175 (\$30 for each workshop) per couple      Fee will be set during a screening interview.

**Please request subsidy if needed.  
Workshops are FREE for Ontario Works clients.  
Free on-site childcare is available.**

For information or registration, please call  
**Family Services Durham at 905-683-3451.**



The Regional Municipality of Durham  
Social Services Department  
[www.region.durham.on.ca](http://www.region.durham.on.ca)

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