

We are pleased to provide you with this guide to the groups and workshops being offered from **September - December 2015**, hosted by The Community Education Service.

Pre-registration is required for all workshops and groups.

To register, please contact the Community Education Service registration line at;

(905) 521-2100 extension: 74147

Or register online at

www.mchcommunityed.ca



Educational Groups for Kids

Social Stepping Stones:

Four session social skills group for children ages 9-12 and 13-15 years and their caregiver(s). Together parents and children will explore how to identify and cope with their socially anxious behaviours. Children may have a difficult time approaching new friends, managing social situations or have fears of being judged or criticized. **(Children & Caregivers will attend all Sessions)**

Age	Start Date	Time	Location
9-12 yrs.	Wednesday September 23	3:00-5:00 pm	Chedoke Evel Bldg. Room 212
13-15 yrs.	Wednesday December 2	3:00-5:00 pm	Ron Joyce Children's Health Center – 325 Wellington St. N. , 3 rd floor

Social Quest:

Four session social skills group for children ages 9-12 and 13-15 years and their caregiver(s). Together parents and children will explore how to identify and cope with their social difficulties. These children are good at making friends but have a hard time keeping them. Social interactions may not go as well as planned. **(Children & Caregivers will attend all Sessions)**

(Children registered for this group should be able to sit and attend to a teacher in a group setting for up to 20 min.)

Age	Start Date	Time	Location
9-12 yrs.	Thursday November 19, 2015 Note: this course will start in one location and finish in a new location	3:00-5:00 pm	Week 1 - Chedoke Evel Bldg. Room 212 Weeks 2,3,4 - Ron Joyce Children's Health Center – 325 Wellington St. N. , 3 rd floor - starting Nov. 26

kNOw Fear

Eight session **Educational** CBT based anxiety group for children ages 8-12 yrs and their caregiver(s). Together the family will learn what stressors most affect their child. Identify how the child reacts to these worries/ fears, and how to deal with them in a positive and effective way. **(First session is a Parent ONLY Orientation)** *Please note this workshop may have a waitlist*

Age	Start Date	Time	Location
8-12 yrs.	Thursday September 10, 2015	3:00-4:30	Chedoke Evel Bldg. Room 212 <ul style="list-style-type: none"> No class Oct. 8
8-12 yrs.	Monday November 16, 2015 Note: this course will start in one location and finish in a new location	3:00-4:30	Week 1 - Chedoke Evel Bldg. Room 212 <ul style="list-style-type: none"> No Class November 23 Remaining weeks - Ron Joyce Children's Health Center – 325 Wellington St. N. , 3rd floor

Stress Less (13-16yrs)

The teen years are a time of change and higher expectations. This means more STRESS! Learn to be aware of your stressors and how to better cope and feel more in control. Participants will be introduced to different relaxation techniques and how to bring positivity into their lives everyday. **(6 sessions)**

Note: First session is a Parents Only orientation

Age	Start Date	Time	Location
14-16 yrs.	Monday November 16,2015 Note: this course will start in one location and finish in a new location	3:00-4:30	Chedoke Evel Bldg Room 208 <ul style="list-style-type: none"> No Class November 23 Remaining weeks - Ron Joyce Children's Health Center – 325 Wellington St. N. , 3rd floor

Educational Groups for Parents

COPEing with 3-12 year olds with ADHD

Caregivers meet once weekly for two hours for 6 weeks. Using problem-solving discussions, videos and homework projects, caregivers learn evidence-based skills to strengthen relationships reduce oppositional behaviour and increase cooperation. They also have the opportunity for discussion with other parents who may have children who are diagnosed with ADHD.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Monday September 14	6:30-8:30 pm	Baygardens, 947 Rymal Rd
Parents & Caregivers (no child care)	Tuesday November 17	9:30-11:30 am	CDC Building, 22 Leeming St. (note: no class Nov. 23)

COPEing with 3-12 year olds

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Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Tuesday September 8	9:30-11:30 am	CDC Centre, 22 Leeming
Parents & Caregivers (no child care)	Friday November 6 No class November 20	1:00-3:00 pm	St. David's OEYC ,33 Cromwell Cres.

Helping Your Young Child Deal with Worries (Kids Have Stress Too!, 3-10yrs)

Parents and caregivers will learn how to recognize and understand stress in children, identify stressors and teach children age-appropriate stress management techniques. This Parent Education Program is designed to help 3-10 year olds, and runs over **3 sessions**.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Thursday December 3	9:30-11:30 am	HARRRP 705 Main St East

Managing Meltdowns (4- 18 yrs)

This six session course focuses on collaborative problem solving to help defuse behaviours and improve communication. Whether you are dealing with explosive behaviours or a child that shuts down it can make parenting more difficult. Spirited temperaments, understanding what is behind the child's behavior, coping strategies and two-way problem solving/communication will be reviewed. A Six week program for caregivers.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Wednesday September 9 No class September 30	6:30-8:30 pm	Fortinos Eastgate, 75 Centennial Parkway
Parents & Caregivers (no child care)	Tuesday September 15	1:30-3:30 pm	CDC Building, 22 Leeming St
Parents & Caregivers (no child care)	Wednesday November 4 No class November 23	6:30-8:30 pm	Mary Hopkins School, 211 Mill St. N, Waterdown
Parents & Caregivers (no child care)	Monday November 16 No class November 23	6:30-8:30 pm	Bay Gardens, 947 Rymal Rd

Parent Survival 101

In this **four-session** workshop SERIES, parents/caregivers will have an opportunity to explore coping strategies to remain a calm, confident and in-control parent.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Tuesday November 17 No class November 24	1:30-3:30 pm	CDC Building, 22 Leeming St.

What Works

This **three-session** workshop will review a variety of parenting strategies that have proven to be effective. Topics that will be discussed are reducing conflict, dealing with emotions and problem solving.

Participants	Start Date	Time	Location
Parents & Caregivers (no child care)	Friday September 11	9:30-11:30 am	Chedoke Evel building, room 212

Single 2hr Session Educational Workshops for Parents

Advocating For My Child

Does your child have mental health and/or behavioural issues? It can be hard to know how to work as a team with your child's school, daycare and community supports. This workshop will help you to take the positive steps to get you there.

Date	Time	Location
Monday September 21	9:30-11:30 am	Fortinos, 1579 Main St West
Thursday December 10	9:30-11:30 am	Pinky Lewis Niwasa Early Learning Centre, 192 Wentworth St. N


NEW!

Conflict Busters- Rebuilding Relationships

Family life can be a challenge when conflict arises and relationships are strained. This one session workshop provides ideas for helping resolve conflicts and re-build parent-child and sibling relationships. You will gain improved compliance, better communication and a happier family life.

Date	Time	Location
Friday September 18	1:00-3:00 pm	Fortinos, 21 Upper Centennial Pkwy
Tuesday December 22	1:30-3:30 pm	CDC Building, 22 Leeming St.


NEW!

Connecting with Your Child Creatively

A single 2 hour workshop based on the principles of creative connections and bonding with your child to improve communication and emotional attachment. This workshop will provide caregivers with some fun and creative ideas.

Start Date	Time	Location
Friday September 25	1:00-3:00 pm	Fortinos, 21 Upper Centennial Pkwy

Coping with Angry Teens

A one session workshop designed to help parents/caregivers of teens 13-18 yrs., keep their cool while providing some suggestions on managing anger and help parents to recognize stress and anger triggers and find new ways of coping with them .

Date	Time	Location
Wednesday September 9	1:00-3:00 pm	HARRRP 705 Main St E
Friday December 4	9:30-11:30 am	Fortinos Eastgate, 75 Centennial Pkwy.


NEW!

Coping with The Holidays

A one session workshop to provide caregivers/parents with ideas for managing with holiday stress. Routines, tips and coping strategies will be discussed.

Date	Time	Location
Friday December 18	9:30-11:30 am	Fortinos, 21 Upper Centennial Pkwy.

COPEing with Impulsive Children: Strategies for Improving Children's Self-Control

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.

Date	Time	Location
Monday September 21	3:00-5:00 pm	St. Luke's School 345 Albright Rd
Wednesday November 11	6:30-8:30 pm	Mt Albion School 24 Kennard St
Thursday November 12	9:30-11:30 am	Church of the Resurrection OEYC 435 Mohawk Rd. West


NEW!

Dealing With Loss

An educational workshop for parents/caregivers to help their children who are struggling with to cope or manage with any type of loss. Such as a new home, loss of a friendship or changes in the family. Stages of grief will be reviewed and suggestions for managing these difficult emotions will be provided.

Start Date	Time	Location
Friday December 11	9:30-11:30 am	Bay Gardens, 947 Rymal Rd E.

Depression and Youth

An educational workshop exploring common depressive disorders in children and youth. Participants will receive an overview of symptoms and causes and learn what steps to take if concerned or seeking help.

Start Date	Time	Location
Friday September 11	1:00-3:00 pm	Fortinos, 21 Upper Centennial Pkwy.



Emotions in Motion – Self Regulation

An introductory educational workshop for caregivers explaining some of the basics of emotional regulation and executive function and how this affects your child.

Start Date	Time	Location
Friday October 2	9:30-11:30 am	Green Acres School, 45 Randall Ave, Stoney Creek
Friday November 13	9:30-11:30 am	Helen Detwiler OEYC, 320 Brigade Dr



Giving Your Child the Tools For Life

This two hour workshop will help parents understand how to raise resilient children. Children respond differently to how the challenges in life. With our guidance we will show you how to empower your child and nurture these skills so they can learn to bounce back with confidence.

Start Date	Time	Location
Tuesday October 27	12:30- 2:30 pm	St. Matthew School, 200 Windwood Dr. Binbrook
Wednesday November 25	6:30-8:30 pm	Chedoke School, 500 Bendamere Ave.

Helping Your Child & Teen Stress Less

Parents will learn the signs of stress and how to help their child learn positive ways to deal with their stress, anxiety and emotions. Parents learn practical relaxation and coping strategies they can transfer to their children (one session)

Date	Time	Location
Thursday September 17	9:30-11:30 am	Fortinos 1579 Main St West
Monday December 14	12:30-2:30 pm	Chedoke School, 500 Bendamere Ave.

I’m Scared of the Doctor.... and the Dentist too!

Help your child overcome their fear of dentists, doctors, needles and medical appointments. Parents will gain a better understanding of how to prepare and educate children for doctor, dentist and hospital visits. Coping strategies and practical tips will be taught..

Start Date	Time	Location
Thursday October 22	9:30-11:30 am	Coach House OEYC, 22 Victoria St, Dundas



I’m Shy

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.

Start Date	Time	Location
Wednesday September 9	1:00-3:00 pm	Fortinos, 65 Mall Road



Managing Routines

This one session workshop will review the basics and benefits of developing consistent routines and how to best manage bedtime, homework and everyday routines. Visuals, organizational skills, pre-planning and transitions will be discussed.

Start Date	Time	Location
Thursday October 1	9:30-11:30 am	HARRRP 705 Main St E.

Parenting Your Anxious Child

This workshop is focused on children and youth aged 10-18 yrs. It is for parents/caregivers interested in learning what anxiety is and how it may affect children and youth. The workshop also provides strategies that may be useful for parenting their "anxious" child.

Start Date	Time	Location
Thursday September 24	9:30-11:30 am	Elizabeth Bagshaw School 350 Albright
Friday October 30	9:30-11:30 am	Fortinos 1579 Main St W

Positive Parenting

Participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance. (one session)

Start Date	Time	Location
Monday September 14	9:30-11:30 am	Hillcrest OEYC 40 Eastwood St.
Friday October 2	1:00-3:00 pm	Fortinos 21 Upper Centennial
Wednesday October 28	10:00am-12:00pm	OEYC 155 Queen St N
Tuesday December 15	1:30-3:30 pm	CDC Building 22 Leeming St.

Treatment Options for Children with ADHD

Dr. Bill Mahoney will present information in this 2 hour overview of treatments available to children diagnosed with ADHD.

Start Date	Time	Location
Thursday October 28	6:30-8:30 pm	Chedoke Site, 565 Sanatorium Rd. Evel Building Room 212

Understanding how Divorce and Separation Effects Your Child and Teen

Parents learn how the break up of their relationship effects their child. Strategies and suggestions will be discussed to help the parent support the child through this time.

Start Date	Time	Location
Thursday November 5	9:30-11:30 am	OEYC Coach House, 22 Victoria St, Dundas
Thursday December 17	9:30-11:30 am	Fortinos, 65 Mall Rd.

Understanding Mental Health

This one session workshop for is an introduction for parents/caregivers about children's mental health. In this workshop, you will gain an understanding about children's mental health, and helpful resources to further your understanding of mental illness.

Start Date	Time	Location
Thursday September 17	9:30-11:30 am	Sanford OEYC 735 King St E Floor 1A
Wednesday October 28	6:30-8:30 pm	St. Ann School, 244 Fiddler Green

Understanding Your Child's Social World

A one session workshop for parents /caregivers of children and youth 10-18 years of age. The focus will be on helping caregivers develop an understanding of social skill development and how they can assist their child/teen.

Start Date	Time	Location
Wednesday November 4	9:30-11:30 am	St. Ann's School, 118 Sherman Ave, N
Wednesday December 9	6:30-8:30 pm	St. Michael's School, 135 Hester St





Safe Cyber-Space

This one session workshop for parents/caregivers is designed to help caregivers gain a better understanding of the growing world of media and technology, and how to keep your child and teens safe amongst it all.

Start Date	Time	Location
Tuesday September 8	1:30-3:30 pm	CDC Building, 22 Leeming
Thursday December 3	9:30-11:30 am	Elizabeth Bagshaw OEYC, 350 Albright Rd.

Why Wont They Listen/I'm Angry

This one session workshop will review ways to increase their child's cooperation and listening and learn effective ways of teaching their children how to manage their anger. Parents learn how to collaboratively work with their children.

Date	Time	Location
Thursday September 10	9:30-11:30 am	OEYC 45 Ellis Ave
Wednesday October 21	12:30-2:30 pm	R.A. Riddell School, 200 Cranbrook Dr.
Friday October 30	1:00-3:00 pm	Fortinos, 21 Upper Centennial Pkwy.



Why Little Kids Worry (3-10yrs)

This one session workshop helps caregivers to identify stressors and learn how they effect their child's daily life. You will be introduced to some basic coping strategies appropriate to manage a young child's stress.

Date	Time	Location
Thursday October 1	9:30-11:30 am	OEYC 45 Ellis Ave

1-2-3 Magic

1-2-3 Magic offers easy to follow steps for disciplining children aged 3-12yrs. Participants in this workshop will view Dr. Phelan's 1-2-3 Magic Video and learn related methods of managing inappropriate behaviour(s).

Date	Time	Location
Thursday December 24	9:30-11:30 am	Ron Joyce Children's Health Centre 3 rd Floor 325 Wellington St N



You are invited to attend...
A FREE Parenting Workshop!

The Six Secrets To School Success!

Presenting a dynamic and interactive workshop for parents & caregivers to help identify struggles with school and strategies to help your child achieve school success.

Light lunch provided. * Child care and bus fare available upon request

WHEN: Wednesday September 16, 2015 – 10am-2pm

**WHERE: Hamilton Wentworth District School Board,
20 Education Court, Hamilton, ON L9A 0B9**

**REGISTRATION: www.mchcommunityed.ca
or call 905-521-2100 x74147**