

For more information or to register please call 250-763-0456 or visit us at 1829 Chandler Street.

## **BECOMING AN ASKABLE ADULT: SEXUAL HEALTH KNOWLEDGE**

A 1 session workshop for ADULTS who want to improve their knowledge and skills needed to be approachable, non-judgmental sources of reliable sexual health information for young children. Topics include: values, positive self-image and how to begin the lifelong conversation. Sexual curiosity is inevitable, and the answers children get should clarify, not confuse the issues for them.

## **BEYOND THE HURT: PREVENTING PEER HARASSMENT & BULLYING AMONG CHILDREN & YOUTH**



A 1 session workshop that defines what bullying and harassment are. Have you ever wondered how you would handle a bullying or harassment situation with your child or someone you work with? Topics include: the 4 different types of bullying, how power plays a key role in bullying situations, who are the participants in bullying, how each contributes to the problem and finally, strategies to promote safe environments.

## **UNDERSTANDING TEMPERAMENT: FINDING THE WAY TO FAMILY HARMONY**

A 1 session workshop. In this hands on and interactive workshop you will: Understand and define 9 temperament traits, pinpoint the traits that are challenging for you and your child, look at the pros and cons of the similarities and differences, and finally use the information to enhance your parent-child relationship.

## **PARENTING YOUNG CHILDREN: Systematic Training for Effective Parenting (0-6 years)**

A 7 session course based on *Systematic Training for Effective Parenting (S.T.E.P.)*. Topics include: Understanding Young Children, Understanding Young Children's Behaviour, Communicating with Young Children, Building Self-Esteem in the Early Years, Helping Young Children Learn to Cooperate, Effective Discipline, Nurturing Emotional and Social Development.

## **PARENTING SCHOOL- AGED CHILDREN: Systematic Training for Effective Parenting (5-12 years)**

A 7 session course based on *Systematic Training for Effective Parenting (S.T.E.P.)*. Topics include: Understanding Yourself and Your Child, Understanding Beliefs and Feelings, Encouraging Your Child and Yourself, Listening and Talking to Your Child, Helping Children Learn to Cooperate, Discipline that Makes Sense, Choosing Your Approach.



## **BRIDGING THE GAP: Building Parent-Teen Relationships (12 – 19 years)**

A 7 session course based on *Systematic Training for Effective Parenting (S.T.E.P.)*. The workshop offers a down-to-earth and practical way to meet the challenges of raising teenagers today. It's a group discussion program that paves the way to improved parent-teen relationships; more responsible teenage behaviour in home, school and community; and teenage self-esteem and self-reliance.

## **HOW TO TALK SO KIDS WILL LISTEN...AND LISTEN SO KIDS WILL TALK**

Up to 6 session (or one time drop in) course to learn effective ways to communicate with children, topics include: Helping Children Deal with Their Feelings, Engaging Cooperation, Alternatives to Punishment, Encouraging Autonomy, Praise, Freeing Children from Playing Roles.

## **1, 2, 3, 4 PARENTS! (0 – 4 years)**

A 4 session course, topics include: Why Your Child Acts the Way They do, How to Keep Your Child Safe, How to Bond with Your Child, Why taking care of Yourself is Important, & How you Can Discipline your 1 – 4 year old.

## **POSITIVE DISCIPLINE (0 – 12 years)**

A 4 session course with an approach to parenting built on 4 principles of effective parenting – focusing on: Identifying Long-Term Goals, Providing Warmth and Structure, Understanding how Children Think and Feel, and Problem Solving

## **STRENGTHENING YOUR STEP/BLENDED FAMILY!**

A 6 session video and discussion course that includes the following topics: Understanding the Pitfalls and Potentials of Step-Family Living, Strengthening the Couple Relationship, and the Stepchild's Dilemmas.

**- Subsidies and Childminding available upon request at time of registration -  
- Healthy Snack Provided –**

Visit our Website at [www.thebridgeservices.ca](http://www.thebridgeservices.ca)

\*Subsidies available

\*Unless otherwise noted all workshops held at  
**Parent Place – 630 Cadder Avenue**



(between Pandosy & Richter Street)