

Parent Talk

Ontario's Most Popular Parenting Workshops



Fall 2011
Schedule

Positive strategies for dealing with common parenting challenges.

Raising Cooperative, Respectful Children: A Two-Night Course

"I need help! My kids won't listen, go to bed, eat dinner, or do their homework... They dawdle, argue, have tantrums, talk incessantly, ignore me, and fight with each other..." The list goes on.

Say goodbye to endless power struggles, attention-seeking, and other common misbehaviours. This 2-night or Saturday course is a must for every parent seeking solutions that really work! Acquire the essential tools and learn the strategies you need to win your child's cooperation.

— \$60/person \$100/couple

Building Your Child's Self Esteem

Encouragement is more than saying "You're a great kid." This workshop will give you the strategies you need to help your children feel self-confident and happy with themselves — just as they are. Research has shown that children with high self-esteem have an advantage in dealing with life's challenges. Perfectionism, praise, and handling mistakes positively are all examined in this enlightening workshop.

—\$35/person \$60/couple

Parenting Without Anger

All parents get angry but if you feel that anger is having a negative impact on your family, this workshop is for you. In it you will learn how you can reduce arguments and stress by reaching solutions together. This workshop will also focus on positive communication and problem solving to help you maintain a respectful atmosphere in your family.

—\$35/person \$60/couple

Parenting Newsletter! Our new parenting newsletter contains parenting tips, topical articles and answers to your parenting questions. If you wish to have the Parent Talk newsletter e-mailed to you, contact us at parenttalk.ca@gmail.com. Send your parenting questions and stories along as well.

Also available

One-on-One Parent Coaching...

In Your Home. At Our Office. Over the Phone. 905-508-5240

Our individual parenting consultations can help you reach your parenting goals. In a private, confidential, one-on-one session, you will have an opportunity to zero in on your own specific concerns, questions, and child-rearing challenges.

Also available: Family, Couple and Individual Counseling.

www.practicalparenting.ca

See the back of this flyer for schedule and locations of Parent Talk workshops.
Telephone: 905-508-5240 ■ E-mail: parenttalk.ca@gmail.com