



Parent Support

Are you challenged or curious about aspects of your child's development? Are you interested in ideas, techniques, strategies to make your parenting easier? Are you wanting to learn more about being an effective parent? Join us for any of the following Individual or Parenting Group sessions:

Individual Parenting Sessions: Parents, Step-parents, grandparents can make an appointment with a Family Support Worker who will meet you to discuss your family and will provide educational material and support that will meet your specific needs.

Parent Teen Mediation: Are you having challenges communicating with your teenager? Come in and meet with a Family Support Worker and get some new ideas on how to address issues. Family mediation involves negotiating agreements with yourselves and your teens around various issues.

Parenting - Children 5-12 years old:

Mondays, 1:00pm to 3:00pm - September 27 to November 29

Attend our drop in educational group, session topics include: children and anger, self esteem, setting limits, age appropriate expectations, parenting styles, discipline and punishment. We are open to suggested topics from group members.

Parenting - Children 5-12 years old:

Saturdays, 10:00am to 3:00pm - October 9 and November 13

For parents who are unable to attend our regular afternoon drop-in sessions. Cost \$5.00 for lunch.

Parent-to-Parent Group:

For Caregivers of Children and Youth with Complex Developmental and Behaviour Conditions.

Tuesdays, 9:30am to 11:30am - September 29 to November 23

This group offers: educational speakers, support for caregivers, new skills and networking, assessment information, help navigating systems, and much more.

Grandparents Raising Grandchildren Support Group

Meets every the fourth Monday of the month from 10:00am to noon.

Nobody's Perfect - Ages 2 to 5 years old: Pre-registration is required.

Mondays, 10:00am to 12:00pm - October 18 to November 22

This is an excellent program that provides support and education for parents of young children.

Childminding maybe available, on request. Please let us know prior to group date.

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