

PARENT/CHILD RESOURCE CENTRE

The Huron-Perth Children's Aid Society
September 2022 - June 2023

Parenting programs are offered regularly throughout the year.

September – December January – March April - June

Please call 271-5290 ext. 2249 for program dates and locations.

Raising a Digital Generation Workshop

A one-day session filled with detailed information regarding today's "digital generation" and the challenges our children and youth face. The two hours offers an abundance of information to better equip parents to take on these new challenges that involve: social media, online safety, cyber bullying and much more.

Well Rounded- Parenting with Self-Care

A structured four-week program focusing on identifying harmful patterns and implementing healthy nutrition and lifestyle habits into our busy lives. By using wellness perspectives, you will learn to gain more insight into how you can control everyday stressors and take steps to become the "well rounded" parent you want to be!

Smart Sense

A six- week practical program designed to focus on awareness in making wiser and healthier choices in daily life activities. Teaching topics include Healthy eating/living, personal wellness, stress management, shopping on a budget, organizational/cleaning skills and communication.

Behaviour at Its Best (2 to 10 years)

A structured four-week educational parenting program focusing behaviour management and relationship building. Topics include:

- Understanding the relationship between the parent and the child
- Repairing the relationship
- Understanding emerging behaviours
- Managing emotional regulation

Scream Free Parenting

A structured four-week program designed to educate parents about learning how to be aware of their own behavior and how to calm their own personal emotional reactions. Most importantly, this program teaches parents how to create and enjoy calm, mutually respectful and loving relationships with their children.

Small Wonders/ Baby Time

An exciting six-week interactive learning program for infants/toddlers and their parents. This program assists parents with learning positive role modeling, behaviour management strategies and interaction ideas. Before entry to the program, a DISC (screening tool) can be administered to acknowledge developmental milestones.

Raising Your Spirited Child

A structured four- week parenting program designed to educate parents on the temperamental traits of children who are more intense, sensitive, perceptive, persistent and energetic.

Making the Connection: Teens

A structured six-week general parenting program designed to educate parents on how to provide guidance and encourage independence in children 12-18 years of age. The group material presented is based both on Active Parenting of Teens by Michael H. Popkin, PH.D., Dr. Thomas W. Phelan, PH.D.

For the Sake of My Kids (Single and Co-parenting)

A four- week program linked to separation and the impact it has on our children and youth today. This group offers insight on how our children and youth process separation and the effects negative dialogue between parents can impact self-esteem and self-worth. During separation, many family members are impacted but who often gets overlooked are our children. Group members will learn a variety of personal coping methods to better prepare themselves for the journey ahead as a single parent as well as helpful tools to create a positive and mature relationship as a co-parent.

Mindfully Parenting

This six-week program focuses on a mindful approach to discipline without yelling, shame, blame or pain. Promoting a deeper understanding of parents themselves, their triggers and how to manage them. Learn how to connect with your children in simple, playful ways.
