



The Family Centre

# EDUCATION SERVICES

## Workshops/Courses

### 2012

For Information or to Register Call: 780.497.7536

| ...for Parents  | Information   | Fees  |   |
|---|---|---|---|
|   |   | Group Session   | Individual Session  |
| <p><b>Parenting Toddlers/Preschoolers</b></p> <ul style="list-style-type: none"> <li>Development -18 months to 5 years</li> <li>Communication with young children</li> <li>Guiding and caring (discipline)</li> <li>The importance of play</li> <li>Nurturing your child's self-esteem</li> <li>Self-care for parents</li> </ul>  | <p><b>January 20 &amp; 21</b><br/> <b>March 23 &amp; 24</b><br/> <b>June 1 &amp; 2</b><br/> <b>August 17 &amp; 18</b><br/> <b>November 2 &amp; 3</b></p> <p>Length: 2 Days</p> <p>Friday<br/>7:00 pm - 10:00 pm</p> <p>Saturday<br/>9:00 am - 5:00 pm</p> | <p><b>\$100</b><br/>(Individual)</p> <p><b>\$165</b><br/>(Couple)</p> | <p><b>\$300</b><br/>(Individual)</p> <p><b>\$300</b><br/>(Couple)</p> <p><b>3 Hours</b><br/>Call to arrange day, evening or weekend</p> |
| <p><b>Parenting School Age Children</b></p> <ul style="list-style-type: none"> <li>Development - 5 years to 11 years</li> <li>Effective communication</li> <li>Guiding and caring (discipline)</li> <li>Self-care for parents</li> <li>Teaching your child problem solving skills</li> <li>Nurturing your child's self-esteem</li> </ul>  | <p><b>February 10 &amp; 11</b><br/> <b>July 20 &amp; 21</b><br/> <b>October 12 &amp; 13</b></p> <p>Length: 2 Days</p> <p>Friday<br/>7:00 pm - 10:00 pm</p> <p>Saturday<br/>9:00 am - 5:00 pm</p>  | <p><b>\$100</b><br/>(Individual)</p> <p><b>\$165</b><br/>(Couple)</p> | <p><b>\$300</b><br/>(Individual)</p> <p><b>\$300</b><br/>(Couple)</p> <p><b>3 Hours</b><br/>Call to arrange day, evening or weekend</p> |
| <p><b>Getting to "Yes" With Your Teen</b></p> <ul style="list-style-type: none"> <li>Development-12 years to adulthood</li> <li>Parenting styles</li> <li>Communication strategies</li> <li>Guidance and caring (discipline)</li> <li>Self-care for parents</li> <li>Problem-solving and the win-win solution</li> <li>Importance of family meetings</li> <li>Nurturing self-esteem in teens</li> </ul> | <p><b>March 16 &amp; 17</b><br/> <b>July 13 &amp; 14</b><br/> <b>December 7 &amp; 8</b></p> <p>Length: 2 Days</p> <p>Friday<br/>7:00 pm - 10:00 pm</p> <p>Saturday<br/>9:00 am - 5:00 pm</p>  | <p><b>\$100</b><br/>(Individual)</p> <p><b>\$165</b><br/>(Couple)</p> | <p><b>\$300</b><br/>(Individual)</p> <p><b>\$300</b><br/>(Couple)</p> <p><b>3 Hours</b><br/>Call to arrange day, evening or weekend</p> |

Subsidies available. Please inquire at time of registration.

Supported By:



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Feel free to photocopy and distribute to meet your requirements.

#20, 9912-106 Street, Edmonton, Alberta T5K 1C5 Web site: [www.the-family-centre.com](http://www.the-family-centre.com)

To register for a workshop/course Phone: 780.497.7536 Fax: 780.426.4918 E-mail: [education.services@the-family-centre.com](mailto:education.services@the-family-centre.com)



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|--|--|---|---|
|  |  | Group Session   | Individual Session  |
| <p><b>Parenting Challenging Children</b></p> <ul style="list-style-type: none"> <li>• Communication techniques</li> <li>• Self- Esteem</li> <li>• Behavior management</li> <li>• Dealing with a child's anger</li> <li>• Coping skills for self and family</li> <li>• Advocating on behalf of your child</li> <li>• Building positive relationships with your child's school, etc.</li> </ul>            | <p><b>March 30 &amp; 31</b><br/><b>July 27 &amp; 28</b><br/><b>November 30 &amp; December 1</b></p> <p>Length: 2 Days</p> <p>Friday<br/>7:00 pm - 10:00 pm</p> <p>Saturday<br/>9:00 am - 5:00 pm</p> | <p><b>\$100</b><br/>(Individual)</p> <p><b>\$165</b><br/>(Couple)</p> | <p><b>\$300</b><br/>(Individual)</p> <p><b>\$300</b><br/>(Couple)</p> <p><b>3 Hours</b><br/>Call to arrange day, evening or weekend</p> |
| <p><b>Succeeding as a Blended-Family</b></p> <ul style="list-style-type: none"> <li>• Myths about step-families</li> <li>• Relationship building vs family dynamics</li> <li>• New family structure</li> <li>• Parenting plans</li> <li>• The roles of the natural and step-parent</li> <li>• Healthy conflict resolution</li> <li>• Emotional response of children to divorce and separation</li> </ul> | <p><b>March 2 &amp; 3</b><br/><b>July 6 &amp; 7</b><br/><b>November 23 &amp; 24</b></p> <p>Length: 2 Days</p> <p>Friday<br/>7:00 pm - 10:00 pm</p> <p>Saturday<br/>9:00 am - 5:00 pm</p>             | <p><b>\$100</b><br/>(Individual)</p> <p><b>\$165</b><br/>(Couple)</p> | <p><b>\$300</b><br/>(Individual)</p> <p><b>\$300</b><br/>(Couple)</p> <p><b>3 Hours</b><br/>Call to arrange day, evening or weekend</p> |

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