

Registration and Information

464-4044



PAYMENT

Registration is confirmed when payment is received. Payment can be made over the phone using VISA or MasterCard or in person using cheque, cash or debit.

SUBSIDY

Limited subsidies are available to those who are eligible. Please inquire at the time of registration.

LOCATION

All workshops will be held at Strathcona County Family and Community Services
#200, 501 Festival Avenue
(2nd Floor, Community Centre)
* unless otherwise noted

REFUNDS

Refunds will only be issued if a workshop, session or group is cancelled. No refunds will be made for non-attendance.

CANCELLATION

All courses and groups are subject to minimum enrolment numbers and availability of facilitators. Workshops may be changed or cancelled as necessary. You will be notified if course/group times have changed or if the course/group has been cancelled.

Sessions and Groups Winter 2012

Personal growth and support opportunities for people of all ages

Information and
Registration

780-464-4044

www.strathcona.ab.ca/fcs

Competent Kids Grades 1 to 3 (9 sessions)

This social skills group for children uses activities, instruction and discussion to encourage positive interactions between children. Focus is on cooperation, making friends, maintaining self-control and helping children recognize their strengths.

Mondays
January 16 to March 19
5 p.m. to 6 p.m.

\$45

**Family Day
Monday,
February 20, 2012
All
GROUPS
CANCELLED**

Competent Kids Grades 4 to 6 (9 sessions)

Mondays
January 16 to March 19
5 p.m. to 6 p.m.

\$45



**Competent Kids
Parent Orientation
Monday, January 9
6 p.m. to 7 p.m.**

Relationship Reno

Sad, but true. In 2003 45% of marriages in Alberta ended in divorce You can prevent this from happening to you.

Make an investment in your relationship and avoid being one of the broken-hearted. This workshop is designed to strengthen your marriage or relationship. If you have a strong relationship, this workshop will provide you with the insights and tools to make it a great one. If your relationship is distressed, then this workshop will provide a roadmap for repair.

Who should attend ?

Any couple who...

- * sees the value of "checking in" on their marriage or relationship
- * are in a committed short or long term relationship
- * are in distress
- * wants to ensure their relationship is sustainable and long lasting

This is an opportunity for couples to learn to:

- * foster respect, affection, and closeness
- * build and share a deeper connection with each other's inner world
- * keep conflict discussions calm
- * break through and resolve conflict grid-lock
- * strengthen and maintain the gains in their relationship

Friday, February 10
6:30 p.m. to 8:30 p.m.
&
Saturday, February 11
8:45 a.m. to 4:30 p.m.
(Lunch included)

\$90
(per couple)



Adults

Children

Bring It: Support for Men (10 sessions)

Just for Men

Bring your experiences, challenges and thoughts to this group. Give and get support from other guys. Relationships, communication, personal growth and more. Bring it and we'll talk about it.

Tuesdays
February 7 to April 10
7 p.m. to 8:30 p.m.

\$45

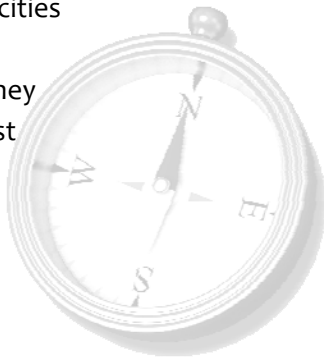
C.O.M.P.A.S.S. for the Caregiver (8 sessions + 1 follow-up session)

The compass program provides information and support for those who care for family or friends living with challenges due to illness, disability or advancing age.

Topics include:

- * managing stress
- * dealing with guilt
- * knowing your capacities
- * sharing the care
- * the emotional journey
- * putting yourself first

Wednesdays
January 18 to March 7
10 a.m. to 12 p.m.



\$45 (includes manual)

Free the Horses (10 sessions)

Children in grades 1 to 3 will enjoy this adventure that helps them to believe in themselves, their talents and their dreams. Help your child think positively and build their character.

Tuesdays
January 17 to March 20
5 p.m. to 6:15 p.m.



\$45

Parent Orientation
Tuesday, January 10
6 p.m. to 7 p.m.

Boys will be Boys (10 sessions)

This group for boys 9 to 13 years old explores issues experienced specifically by boys.

Topics include:

- * cooperation and competition
- * understanding and expressing emotions
- * communication and friendship

Wednesdays
January 18 to March 21
6 p.m. to 7 p.m.

\$45

Parent Orientation
Wednesday, January 11
6 p.m. to 7 p.m.

Parachute Group (10 sessions)

The parachute group provides support to children age 5 - 11 who are experiencing the effects of a separation and/or or divorce. Children will participate in games, activities and discussion that is designed to help them share their feelings. Children will be placed in a group using Grade level as criteria.

- ❄️ Level 1: Kindergarten and Grade 1
- ❄️ Level 2: Grades 2 and 3
- ❄️ Level 3: Grades 4, 5 and 6

Thursdays
January 19 to March 22
6:30 p.m. to 7:30 p.m.

No Cost

Parent Interviews: Thursday January 12
By appointment in 15 minute intervals from
6 p.m. to 8 p.m.

Prism for Parents (10 sessions)

This group is for parents whose children are attending the parachute group. Information and support that is focused on parenting through divorce and/or separation is provided.

Thursdays
January 19 to March 22
6:30 p.m. to 7:30 p.m.

No Cost

② Raising confident, competent children

Children are more likely to be confident, succeed at school and get on well with others when they develop specific life skills. Join us as we explore ways in which you can help equip your children with the essential social skills and strategies they will need.

Saturday January 28, 1 p.m. to 3 p.m.

③ Raising resilient children

Children's emotional resilience or ability to cope with their feelings is important to their long-term happiness, well-being and success in life. Join us as we explore six key skills that build resilience in children and help them bounce back and manage.

Saturday February 4, 1 p.m. to 3 p.m.

Positive Parenting Seminar Series (Parents of Teens)

① Raising responsible teenagers

Raising responsible teens begins at home with healthy family relationships. Join us as we look at the key ingredients to promoting responsibility, encouraging your teens' decision-making and developing a healthy lifestyle.

Saturday February 25, 1 p.m. to 3 p.m.

② Raising competent teenagers

Teens often spend a great deal of their time in school and with their friends. Join us as we explore ways to encourage your teen to make the most of their time at school, including becoming a good problem solver, getting involved and having supportive friends.

Saturday March 3, 1 p.m. to 3 p.m.

③ Getting teenagers connected

Getting connected with the community is an important skill teens can develop and carry with them into adulthood. Join us as we look at ways to promote your teens social skills, confidence, ability to plan ahead and follow through with commitments.

Saturday March 10, 1 p.m. to 3 p.m.

Each
Seminar
\$10/person

Seminars only run with sufficient enrollment.

Positive Parenting Course Parents of children 2 to 12 years

Struggling with your child's behavior?

Learn how to turn challenges into opportunities for success. This course is designed to address specific behavior by developing a parenting plan for children 2-12 years old. This course is designed to help you:

- * Feel more comfortable in your parenting skills.
- * Gain a better understanding of what you can expect for your child's age and stage.
- * Plan ahead for difficult situations.
- * Develop positive strategies for dealing with misbehavior.

Tuesdays
February 7 to 28 & March 20
7 p.m. to 9 p.m.



\$20

Positive Parenting Seminar Series (Parents of children 2 to 12 years)

① The power of positive parenting

Positive parenting involves creating a family environment that is loving, supportive and predictable. Join us in learning how this method reduces the stress of parenting and makes parenting more rewarding and enjoyable.

Saturday January 21, 1 to 3 p.m.

* **Note: All Triple P Positive Parenting Seminars will be held at Child and Youth Community Centre, #3 Spruce Avenue.**

What parents can do to help children at any age

- Children need to know how much they are loved by their parents. Be demonstrative-show your affection in words and actions.
- Create an environment where children are protected from conflict (for example, don't argue in front of them).
- Don't involve children in adult problems.
- Allow your child to express his/her feelings.
- Avoid speaking of the other parent in negative terms.
- Spend some time alone with each child, even if it's just for a few minutes.
- Maintain as much routine and continuity as possible.
- Make sure children have opportunities to visit with relatives and spend time with friends.
- Set reasonable rules and limits for your children's behaviour according to their stage of development. Try to be consistent with enforcing the rules.
- If you make promises to your child/ren keep them!
- Take care of yourself. Your children are depending on you.

Source: Because Life goes on: Helping children and youth live with separation and divorce.
Health Canada

Effective Co-Parenting : Putting Kids First (6 sessions)



DID YOU KNOW THAT...

How you manage separation /divorce, and particularly the conflict between parenting partners, is one of the most important variables in how a child adjusts to the situation?

This workshop will...

Give information about the needs of parents, children and families coping with separation and divorce..

Provide strategies for improving communication, resolving conflict, and managing day-to-day children's issues between parenting partners.

Tuesdays
January 24 to February 28
6:30 p.m. to 8:30 p.m.

\$45

Positive Discipline = Positive Teaching (5 sessions)

Have you thought about what your child will be like as an adult? This is a general knowledge parenting course for parents with children of any age designed to help you make your vision for your child a reality.

Positive discipline is ...

- ❄ long term solutions that develop your child's own self discipline.
- ❄ clear communication of your expectations, rules and limits.
- ❄ building a mutually respectful relationship with your child.
- ❄ turning challenging situations into learning opportunities.
- ❄ a non-violent and respectful approach to parenting that helps children succeed, gives them information, and supports their growth.

This course is built on the principles of the United Nations Convention on the Rights of the Child.

Mondays
February 6 to March 12
6:30 p.m. to 8:30 p.m.

\$45

No Group
Family Day
February 20