



# FREE COURSES

## DATES:

January to April 2022

**REGISTRATION IS ONLINE ONLY, CLICK THE LINKS BELOW:**

[Community Education Registration Link](#)

[YourSpaceHamilton Registration Link](#)

For non-registration related questions

## EMAIL:

[COMMUNITYEDUCATIONSE@HHSC.CA](mailto:COMMUNITYEDUCATIONSE@HHSC.CA)

OR CALL 905-521-2100 X74147

## *Courses to help with Anxiety for child and parent to attend together*

### **kNOw Fear (6 weekly Virtual sessions)**

Know fear is an **Educational** CBT based anxiety group for children ages 8-12 yrs. and their caregiver(s). Together the family will learn what stressors most effect their child. Identify how the child reacts to these worries/ fears, and how to deal with them in a positive and effective way. This is not a treatment group.

#### **First session is a Parent ONLY Orientation**

Age	Dates	Time	Location
8-12 yrs.	Wednesday January 19 ,26, February 2,9,16,23	5:30- 6:30 pm	<a href="#"><u>Community Education Registration Link</u></a>
8-12 yrs.	Wednesday March 23,30, April 6,13,20,27	5:30- 6:30 pm	<a href="#"><u>Community Education Registration Link</u></a>

You must Register for all courses online

Questions? Email: [communityeducationse@hhsc.ca](mailto:communityeducationse@hhsc.ca)

## *Parenting courses to help with Anxiety*

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### **Anxiety in Children and Youth (1 hour Virtual session)**

This workshop is an introduction for caregiver to understanding childhood anxiety. What you will learn: How it effects your child and different anxiety disorders and some basic coping strategies will be discussed.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday January 11	5:30- 6:30 pm	<a href="https://yourspacehamilton.ca/registration">yourspacehamilton.ca registration</a>
Parents & Caregivers	Tuesday March 22	12:30- 1:30 pm	<a href="#">Community Education Registration Link</a>

### **Parenting Your Anxious Child (3 weekly - 60 minute Virtual sessions)**

This course will review different childhood anxiety disorders, why children are anxious and how it effects them. Parents will learn how to deal with the anxious and sometimes disruptive behavior that gets in the way of everyday living.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday January 18, 25, February 1	5:30-6:30 pm	<a href="https://yourspacehamilton.ca/registration">yourspacehamilton.ca registration</a>

### **Why Little Kids Worry (3-10yrs) (1 hour Virtual session)**

This one session workshop helps caregivers to identify stressors and learn how they affect their child's daily life. You will be introduced to some basic coping strategies appropriate to manage a young child's stress.

Participants	Date	Time	Location
Parents & Caregivers	Monday February 7	4:00- 5:00 pm	<a href="#">Community Education Registration Link</a>

### **I'm Shy (1 hour Virtual session)**

This one session workshop will explore why children act shy, focusing on children that whisper, speak minimally or not at all at school or in public settings. Evidence based strategies will be provided to help your child start to speak more comfortably in public.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday March 8	12:30- 1:30 pm	<a href="#">Community Education Registration Link</a>

## *Parenting courses for Communication*

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### **When Conversations at Home are Hard (1 hour Virtual session)**

This workshop provides ideas for helping re-build connection with your child or teen, working together, strengthening the parent-child relationship and improving cooperation and communication.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday January 25	12:30- 1:30 pm	<a href="#">Community Education Registration Link</a>



### **Learn How to validate your Child (1 hour Virtual session)**

Validation is a powerful tool for parents. It helps you connect with your child/teen and it can diffuse difficult behaviour. They will feel heard and may open up more. This workshop will give you the skills to get you started.

Participants	Date	Time	Location
Parents & Caregivers	Monday March 14	4:00-5:00 pm	<a href="#">Community Education Registration Link</a>

## *Parenting courses to help with ADHD*

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### **Understanding ADHD and ADD (1 hour Virtual session)**

This one session workshop will go over common behaviours and characteristics of ADHD. Whether your child is diagnosed or you are suspecting they may have ADHD this workshop will give you some practical tips to help you on your parenting journey

Participants	Date	Time	Location
Parents & Caregivers	Wednesday January 12	5:30-6:30 pm	<a href="#">Community Education Registration Link</a>
Parents & Caregivers	Thursday April 28	10:00-11:00 am	<a href="#">yourspacehamilton.ca registration</a>

### **Parenting your Child with ADHD (3 weekly 1 hour Virtual sessions)**

This course will review ADHD, and how it effects children and teens. We will review why your child acts the way that they do and how to give them the tools they need to succeed Topics discussed: evidence based parenting strategies, emotional regulation, executive functioning, and social skills

Participants	Date	Time	Location
Parents & Caregivers	Tuesday February 8, 15, 22	5:30-6:30 pm	<a href="#">Community Education Registration Link</a>

## *Parenting courses to help with Self-Care*

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### **Peaceful Practices at Home (1 hour Virtual session)**

Participants will be introduced to a variety of techniques and strategies for reducing stress, clearing the mind, improving focus and decision making. A big benefit is that parents will be able to help teach their children and improve emotional regulation.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday February 8	12:30- 1:30 pm	<a href="#">Community Education Registration Link</a>

### **Burnt Out! (3 weekly - 60 minute Virtual sessions)**

When our stress levels are too high it can be hard to take care of others. Learning to take care of yourself first is not selfish, it helps you be a better parent and a better you. This workshop series will be an opportunity to reconnect with yourself. We will help you get back to being a happier, empowered, and in control parent that you deserve to be.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday February 15, 22, March 1	12:30- 1:30 pm	<a href="#">yourspacehamilton.ca registration</a>



## *Parenting courses for Challenging Behaviours*

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### **Why Won't They Listen? (1 hour session)**

This one session workshop will review ways to increase your child's cooperation and listening. You will learn effective ways of teaching your child how to manage their strong emotions and work collaboratively with them to find a new way to deal with behaviours and issues.

Participants	Date	Time	Location
Parents & Caregivers	Wednesday January 5	5:30- 6:30 pm	<a href="#">Community Education Registration Link</a>
Parents & Caregivers	Thursday March 3	10:00-11:00 am	<a href="#">Community Education Registration Link</a>

### **Advocating for My Child (1 hour Virtual session)**

Do you struggle to communicate your child's needs at school? It can be hard to know how to work as a team with your child's school, daycare, and community supports. This workshop will help you to take the positive steps to get you there.

Participants	Date	Time	Location
Parents & Caregivers	Monday January 10	4:00-5:00 pm	<a href="#">Community Education Registration Link</a>

### **Positive Parenting (1 hour session)**

Participants will learn evidence-based positive parenting strategies that will help reduce conflict and gain compliance.

Participants	Date	Time	Location
Parents & Caregivers	Thursday January 13	10:00-11:00 am	<a href="#">Community Education Registration Link</a>
Parents & Caregivers	Monday April 25	4:00- 5:00 pm	<a href="#">Community Education Registration Link</a>

### **Helping Children Bounce Back from Struggles (1 hour Virtual session)**

This workshop provides ideas for helping build resiliency in your child and teen. Brainstorm potential obstacles and what solutions can be put in place.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday February 1	12:30- 1:30 pm	<a href="#">Community Education Registration Link</a>

### **Dealing with Impulsivity (1 hour Virtual session)**

This single session workshop will help caregivers understand how they can use a variety of techniques and visual strategies to help their child (including children with ADHD) gain better self-control, become more independent and get tasks done.

Participants	Date	Time	Location
Parents & Caregivers	Thursday February 3	10:00-11:00 am	<a href="#">Community Education Registration Link</a>



### **Working it out together (4 weekly Virtual sessions)**

This four session course focuses on collaborative problem solving to help defuse behaviours and improve communication. Whether you are dealing with explosive behaviours or a child that shuts down it can make parenting more difficult. Spirited temperaments, understanding what is behind the child's behavior, coping strategies and two-way problem solving/communication will be reviewed.

Participants	Dates	Time	Location
Parents & Caregivers	Thursday March 24, 31, April 7, 14	10:00 -11:00 am	<a href="#">Community Education Registration Link</a>

## *Parenting courses for Everyday Parenting*

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### **Building Friendships (1 hour Virtual session)**

This workshop is for parents /caregivers of children and youth 10-18 years of age. The focus will be on helping caregivers develop an understanding of social skill development and how they can assist their child/teen.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday January 18	12:30- 1:30 pm	<a href="#">Community Education Registration Link</a>

### **Managing Routines (1 hour Virtual session)**

This one session workshop will review the basics and benefits of developing consistent routines and how to best manage bedtime, homework and everyday routines. Visuals, organizational skills, pre-planning and transitions will be discussed.

Participants	Date	Time	Location
Parents & Caregivers	Thursday January 20	10:00 -11:00 am	<a href="#">Community Education Registration Link</a>
Parents & Caregivers	Tuesday April 5	12:30- 1:30 pm	<a href="#">Community Education Registration Link</a>

### **Co-Parenting through Divorce and Separation (1 hour Virtual session)**

The end of a relationship can be difficult on everyone, especially the children. When parents split up children are effected in different ways. What children want most is for the fighting to stop. This course will help with co-parenting strategies and re-defining your new relationship

Participants	Date	Time	Location
Parents & Caregivers	Monday January 24	4:00- 5:00 pm	<a href="#">Community Education Registration Link</a>

### **Raising Your Teen (3 weekly Virtual sessions)**

We will help you from parenting a school aged child to a pre-teen/teen. We will discuss communication, getting them to cooperate and working together to build their independence and create a supportive and happy relationship.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday March 1, 8, 15	5:30-6:30 pm	<a href="#">Community Education Registration Link</a>

### **Building Your Parenting Tool Box (3 weekly - 60 minute Virtual sessions)**

This three-session course will review a variety of parenting strategies that have proven to be effective. Topics that will be discussed are: understanding your child's disruptive behaviour, reducing conflict, dealing with emotions, communication and problem solving.

Participants	Dates	Time	Location
Parents & Caregivers	Wednesday March 2,9,16	5:30-6:30 pm	<a href="#">Community Education Registration Link</a>

**COPEing with 3-12 year olds (6 weekly Virtual sessions)**

This evidence based program teaches parenting strategies to strengthen relationships and increase cooperation with your children.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday March 22, 29, April 5,12,19,26	5:30-6:30 pm	<a href="#">Community Education Registration Link</a>

**Helping Your Child and Youth with Organziation and Focus (1 hour Virtual session)**

Give your child the skills and tools they need to do well. Time management, routines, habits, charts and more.

Participants	Dates	Time	Location
Parents & Caregivers	Monday March 28	4:00-5:00 pm	<a href="#">yourspacehamilton.ca registration</a>

*Parenting courses for Big Emotions*

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**Temper tantrums VS Meltdowns: Is there really a difference? (1 hour Virtual session)**

After the age of two we expect that our children stop having temper tantrums. You may have a child that is well beyond the toddler years who still has a hard time controlling their emotions. Is it behavioural or is there really a concern we can help with?

Participants	Date	Time	Location
Parents & Caregivers	Thursday February 17	10:00- 11:00 am	<a href="#">Community Education Registration Link</a>

**My Teen is Stressed (1 hour Virtual session)**

Is your child or youth having a hard time handling their stress? This session for families will help you learn more about stress triggers, the effects on your child or teen, and ways you can help. Coping strategies and how to empower your child and youth are also discussed.

Participants	Date	Time	Location
Parents & Caregivers	Thursday March 10	10:00- 11:00 am	<a href="#">yourspacehamilton.ca registration</a>

**Emotions in Motion – Big Emotions (1 hour Virtual session)**

An introductory educational workshop for caregivers explaining some of the basics of emotional regulation and executive functioning and how this effects your child and teen.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday March 15	12:30- 1:30 pm	<a href="#">Community Education Registration Link</a>

