



FREE COURSES

DATES:

January TO APRIL 2021

TO REGISTER:

<https://www.hamiltonhealthsciences.ca/mc-master-childrens-hospital/patients-visitors/family-resources/>

EMAIL:

COMMUNITYEDUCATIONSE@HHSC.CA

Please provide your email in order to receive a zoom link for the session.

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

kNOw Fear (6 weekly 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	Start Date	Time	Location
8-12 yrs.	Wednesday January 20, 27, February 3, 10, 17, 24	5:30- 6:30 pm	VIRTUAL via Zoom
8-12 yrs.	Monday February 22, March 1, 8, 15, 22, 29	4:00- 5:00 pm	VIRTUAL via Zoom
8-12 yrs.	Wednesday March 24, 31 April 7, 15, 21, 28	5:30- 6:30 pm	VIRTUAL via Zoom

You must Register for all courses

For more information: call 905.521.2100 ext. 74147

Parenting courses to help with Anxiety

Anxiety in Children and Youth (1 hour 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	Thursday January 7	10:00- 11:00 am	VIRTUAL via Zoom

Why Little Kids Worry (3-10yrs) (1 hour 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	Tuesday January 26	12:30- 1:30 pm	VIRTUAL via Zoom

I'm Shy (1 hour 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 April 13	12:30- 1:30 pm	VIRTUAL via Zoom

Parenting courses

Temper tantrums VS Meltdowns: Is there really a difference? (1 hour 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	Tuesday January 12	12:30- 1:30 pm	VIRTUAL via Zoom

Managing Routines (1 hour 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	Wednesday January 13	5:30- 6:30 pm	VIRTUAL via Zoom
Parents & Caregivers	Thursday April 8	10:00- 11:00 am	VIRTUAL via Zoom

Dealing with Impulsivity (1 hour 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	Monday January 18	4:00- 5:00 pm	VIRTUAL via Zoom

Emotions in Motion – Big Emotions (1 hour 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	Thursday January 21	10:00- 11:00 am	VIRTUAL via Zoom
Parents & Caregivers	Tuesday March 30	12:30- 1:30 pm	VIRTUAL via Zoom

Why is my Teen in Such a Bad Mood? (1 hour session)

An educational workshop exploring common depressive disorders in children and youth. Participants will receive an overview of symptoms and causes and learn what steps to take if concerned or seeking help

Participants	Date	Time	Location
Parents & Caregivers	Monday January 25	4:00- 5:00 pm	VIRTUAL via Zoom

Learn How to validate your Child (1 hour 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	Tuesday February 2	12:30- 1:30 pm	VIRTUAL via Zoom
Parents & Caregivers	Monday April 12	4:00- 5:00 pm	VIRTUAL via Zoom

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

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

Participants	Dates	Time	Location
Parents & Caregivers	Thursday February 4, 11, 18, 25 March 4, 11	10:00- 11:00 am	VIRTUAL via Zoom

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	Tuesday February 2	12:30- 1:30 pm	VIRTUAL via Zoom
Parents & Caregivers	Monday April 19	4:00- 5:00 pm	VIRTUAL via Zoom

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 March 25	10:00- 11:00 am	VIRTUAL via Zoom

Co-Parenting through Divorce and Separation (1 hour 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	Tuesday April 20	12:30- 1:30 pm	VIRTUAL via Zoom



Giving Your Child the Tools for Life (1 hour session)

This workshop will help parents understand how to raise resilient children. Children respond differently to the challenges in life. With our guidance we will show you how to empower your child and nurture these skills so they can learn to bounce back with confidence.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday April 6	12:30- 1:30 pm	VIRTUAL via Zoom

Understanding ADHD and ADD (1 hour 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	Thursday April 29	10:00- 11:00 am	VIRTUAL via Zoom

MORE Free Classes

We are running in collaboration with Lynnwood Charlton Hall & www.yourspaceHamilton.ca

Repairing the Relationship with my Challenging Child
 How to Talk To Your Teen
 Managing Meltdowns
 Friendships: Helping your child make and keep them
 Parenting Your Anxious Child
 Burnt Out!
 Parenting Your Child with ADHD
 Building Your Parenting Tool Box
 I'm Scared of the Doctor and Dentist Too
 Treatment Options for Children with ADHD with Dr. Mahoney

Course & Webinar Registration

For more information:

Send an email to
engage@lynwoodcharlton.ca
 or
 Send a text/call 905-536-9323