

Winter Parenting Series

Family Services à la famille Ottawa presents our winter series of PARENTING EDGE workshops. Learn from our dynamic team of Parenting Edge workshop leaders who bring a wealth of experience in helping parents become more confident and successful. Share the joys and challenges of raising kids with others who are experiencing the same.

Parenting through Separation and Divorce.

Tuesday's, February 3 to March 3, 2009, 6:30 – 8:30 p.m.

- How can I cope with the stress of separation and divorce – and help my children do the same?
 - How can I build an effective co-parenting relationship?
 - How do I handle discipline now?
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Discipline that doesn't hurt... anyone.

Thursday's, March 5 to April 9, (Mar. 19 excluded) 2009, 1:00 -3:00 p.m.

- Why do children misbehave?
 - What's the difference between discipline and punishment?
 - How can I make discipline work for me and my children?
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On Middle Ground... parenting 6 to 12 year olds.

Tuesday's, March 24 to April 21, 2009, 6:30 – 8:30 p.m.

- How can I continue building a positive relationship with my child?
 - How can I help my child build self-esteem?
 - How can I set reasonable behaviour limits for my child?
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Where: Family Services à la famille Ottawa, 312 Parkdale Avenue

Cost: \$125.00 per person or \$225.00 per couple. Subsidies are available.

For information and registration, please contact us at 613-725-3601 extension 207

Get the *parenting edge!*