

CAS - Parenting with Confidence *for parents of children 6-16*

Family Services Ottawa presents another series of parenting workshops for clients of the Children's Aid Society of Ottawa. This 10-week course explores the challenges and opportunities of parenting children who are between the ages of 6 and 16 years old. The workshops are highly interactive and the participants will have an opportunity to learn specific techniques while being given a chance to practice them in a supportive milieu. Appropriate referrals for the course are those clients who are now caring for children or who are expected to be caring for children in the near future. Clients may call directly to register for the course.

Topics Include: Stress Management, Child Development, Effective Discipline, Health and Safety, Managing Anger Successful Communication, Impact of Abuse on Children, Problem Solving, Building Self Esteem

Dates: Tuesdays: November 10, 2020 – January 26, 2020

Time: 6:30 pm - 8:30 pm

Where: Zoom Health Video Conferencing

Cost: Free of charge

Please visit us at www.familyservicesottawa.org to register online, call us at 613-725-3601 extension 108 or email parenting@familyservicesottawa.org for more information.