



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. Parents will have an opportunity to learn concrete techniques while being given a chance to practice them in a supportive milieu. Appropriate referrals for the course are parents who are now caring for children or who are expected to be caring for children in the near future. Parents may call directly to register for the course.

**Mondays, Nov. 20
to Feb. 5, 2017/2018
(Dec. 25/Jan.1 excluded)
6:30 p.m. – 8:30 p.m.**

**PARENTING WITH CONFIDENCE
*for parents of children 6-16***

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...

**Where: Family Services Ottawa
312 Parkdale Avenue, Ottawa**

**Cost: There is no fee for this group
Subsidies are available for childcare and travel
where necessary**

For information and registration contact Parenting Program Intake at
613-725-3601 extension 207 or visit us online at
www.familyservicesottawa.org