

# FREE Parenting Workshops & Programs in Dufferin County

## MAY 2022



**3<sup>rd</sup> Annual FASD Conference**  
**Understanding and Supporting**  
**Mental Health and Mental Wellness**  
 Thu. May 19, 9:00 a.m.–4:00 p.m.

\* Cost: \$10 for parent/caregivers

**Parent/Caregiver Night with Tanya Eichler**

Wed. May 18, 6:30–8:30 p.m. \*free

**Dufferin Wellington Guelph**  
**Fetal Alcohol Spectrum Disorder**

[tara.leskey@dcafs.on.ca](mailto:tara.leskey@dcafs.on.ca)

519-941-1530 ext. 237



**Caregiver Non-Violent Crisis**  
**Intervention**

Sat. May 28, 9:30 a.m.–1:00 p.m.

[Click to register](#)

**Kerry's Place Autism Services**

<https://www.kerrysplace.org/>



**Online Prenatal/New Parent Program**  
 At your pace. Online.

**Wellington-Dufferin-Guelph**  
**Public Health**

[Online.prenatal@wdgpublichealth.ca](mailto:Online.prenatal@wdgpublichealth.ca)

1-800-265-7293

<https://wdgpublichealth.ca/clinics-classes/online-prenatal-new-parent-program>



**Positive Communication in Families:**  
**Avoid Power Struggles and Encourage Cooperation**

Wed. May 4, 7:00–8:00 p.m.

**Help Your Child Manage Anxiety and Foster Self-Esteem**

Mon. May 9, 7:00–8:00 p.m.

**The Challenges of Differences:**  
**Understanding You and Your Child's Unique Temperaments**

Tue. May 17, 7:00–8:00 p.m.

**The Art of Distraction: Helping Your Child with ADHD Thrive**

Thu. May 26, 7:00–8:00 p.m. \*

**Positive Discipline**

Tue May 31, 7:00–8:00 p.m.

All workshops are online.

Q&A will continue until 8:30 p.m.

**Dufferin Parent Support Network**

[info@dpsn.ca](mailto:info@dpsn.ca)

<https://dpsn.ca/Workshops.html>



**Masterclass: Dr. Janina Fisher,**  
**Transforming the 'Living Legacy' of Trauma**

Thu. June 2, 6:30–8:30 p.m.

**Pine River Institute**

<https://pineriverinstitute.com/workshop/>



**Toilet Learning/Training**

Tue. May 3, 9:30–11:30 a.m.

Wed. May 4, 6:30–8:30 p.m.

**Independent Living Skills Series:**  
**Dressing**

Tue. May 3, 6:30–7:30 p.m.

Thu. May 19, 9:30–10:30 a.m.

Thu. May 26, 6:30–7:30 p.m.

**Behaviour Basics Part 1**

Wed. May 4, 9:30–11:30 a.m.

Wed. May 11, 6:30–8:30 p.m.

**Independent Living Skills Series:**  
**Following a Schedule**

Thu. May 5, 9:30–10:30 a.m.

Tue. May 10, 6:30–7:30 p.m.

**How to Help Your Child Go to Sleep and Stay Asleep**

Tue. May 10, 9:30–11:30 a.m.

**Independent Living Skills Series:**  
**Toothbrushing**

Thu. May 12, 9:30–10:30 a.m.

Tue. May 17, 6:30–7:30 p.m.

**Introducing New Foods/Picky Eaters**

Wed. May 17, 9:30–10:30 a.m.

**Behaviour Basics Part 2**

Wed. May 18, 9:30–11:30 a.m.

Wed. May 25, 6:30–8:30 p.m.

**Next Steps: We Have a Diagnosis, Now What?**

Wed. May 18, 6:30–8:30 p.m.

**The Caregiver's Journey**

Tue. May 24, 6:30–8:30 p.m.

**Independent Living Skills Series:**  
**Bathing**

Thu. May 26, 9:30–10:30 a.m.

Tue. May 31, 6:30–7:30 p.m.

**Homework Helper Tips**

Wed. June 1, 6:30–8:30 p.m.

All workshops are online.

**Dufferin Child and Family Services**  
**(DCAFS)**

<https://dcafs.on.ca/foundational-family->

Note: Some agencies offer additional workshops for a fee.



[dufferincoalitionforkids.ca](http://dufferincoalitionforkids.ca)

[MyDufferin.ca](http://MyDufferin.ca)

**Dufferin Coalition for Kids...**

**Working together to help you be the best parent you can be**