



UPCOMING WORKSHOPS

Parenting Workshops

Parenting workshops are **free, educational** and **informative** sessions that offer parents & caregivers across BC, presentations on a variety of parenting topics.



FREE Online workshop

Understanding Temperament and Goodness of Fit
May 1, 2024 7:00 PM - 8:30 PM

REGISTER

In partnership with:



Join us as we explore:

- Ways to improve goodness of fit
- Being aware of our own temperament
- Adjusting, when needed



FREE Online workshop

Creative Journaling: Self-Care for parents & caregivers
May 14, 2024 10:00 AM - 11:30 AM

REGISTER

Discover the power of Creative Journaling for mental health! This workshop offers practical techniques to reduce stress, recharge, and gain perspective as a parent or kinship caregiver. **Presented by: Nicolle Nattress, CAC II** Counselor, Mom & Author.



FREE Online workshop

Dealing with Parenting Power Struggles
May 22, 2024 7:00 PM - 8:30 PM

REGISTER

In partnership with:



Join us as we explore:

- Why power struggles occur
- How to best support your children to be more cooperative



FREE Online workshop

Tuning Into Temperament
May 28, 2024 10:00 AM - 11:30 AM

REGISTER

In partnership with:



Join us as we explore:

- The 9 different temperament traits
- Focusing on our child's strengths
- Matching our parenting to our child's temperament





Grand Gathering Workshops

Open to Kinship caregivers in BC

Wednesday, Apr 24, 2024 | 10 am - 11:30 am
Coaching our kids through life's obstacles

In today's world, children face life's challenges, and our role is to support and coach them as we co-regulate. As your child's primary defender, your self-care is crucial. This workshop will address how to reflect your child's emotions and help them regulate.

Online Workshop



Wednesday, May 1, 2024 | 10 am - 11:30 am
Creating & deepening attachment with our children

Healthy attachments are essential for children to feel safe and secure. This workshop will explore various attachments and strategies to meet children's attachment needs, fostering deeper connections.

Workshop Presenter:
Brenda Dragt, MSW - CCI Consultant & Lead Trainer, Complex Care & Intervention program with Complex Trauma Resources.

Scan or Click to Register

FREE



Registration required to participate in this workshop!

Register now -
Workshops Apr 24 & May 1 - 2024

www.bit.ly/springworkshopspss

GOT QUESTIONS?
REACH US AT:
1-877-345-9777 (Toll-Free)
office@parentsupportbc.ca
parentsupportbc.ca



Parenting Workshop

Understanding Temperament and Goodness of Fit

Wednesday, May 1, 2024 | 7 pm - 8:30 pm

Temperament and goodness of fit are two concepts which can help parents understand their child's behaviour and support their child's social and emotional development.

Join us as we explore:

- Ways to improve goodness of fit
- Being aware of our own temperament
- Adjusting, when needed



Online Workshop

Scan or Click to Register

FREE



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Register now -
Workshop May 1 - 2024

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Parenting Workshop

Creative Journaling: Self-Care for parents & caregivers

Tuesday, May 14, 2024 | 10 am - 11:30 am

Discover the power of Creative Journaling for mental health! This workshop offers practical techniques to reduce stress, recharge, and gain perspective as a parent or kinship caregiver.

In this workshop we will:

- Discover the value of self-connection through journaling
- Learn about the scientific benefits for mental, physical, emotional, and spiritual health
- Explore Engage in writing prompts and guided journaling
- Expand creativity and learn how to apply creative self-care
- Receive a sample chapter from the book, 'Just the Two of Us: A soft place for tender hearts to land'

Online Workshop



Workshop Presenter:

Nicolle Nattress, CAC II Counselor, busy mom, parent of a child with complex needs, and top 50 expert in Journaling according to IAJW Journal Council. Author of 'Just the Two of Us' and contributor to four new books on the impact of Journaling."

Scan or Click to Register

FREE



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Parenting Workshop

Dealing with Parenting Power Struggles

Wednesday, May 22, 2024 | 7 pm - 8:30 pm

Online
Workshop

Engaging in a power struggle with a child can not only be unpleasant but also demoralizing for adults. It can feel like quicksand, where the more you struggle, the deeper you sink.

Join us as we explore:

- Why power struggles occur
- How to best support your children to be more cooperative



Scan or Click
to Register

FREE



Registration required to participate in this workshop!

Register now -
Workshop May 22 - 2024

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Parenting Workshop

Tuning Into Temperament

Tuesday, May 28, 2024 | 10 am - 11:30 am

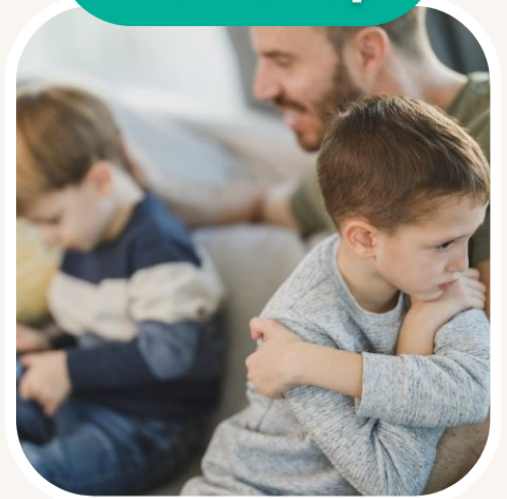
Understanding each child's unique temperament enables us to support their emotional needs effectively.

Learn strategies for helping spirited and active children organize their feelings and creating a sense of safety for cautious ones in new situations.

Join us as we explore:

- The 9 different temperament traits
- Focusing on our child's strengths
- Matching our parenting to our child's temperament

**Online
Workshop**



Scan or Click
to Register

FREE



Registration required to participate in this workshop!

Register now -
Workshop May 28 - 2024

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In partnership with:



information
children

GOT QUESTIONS?

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