

YORK HILLS

FALL WORKSHOPS 2019

PLUGGED IN—TIPS AND STRATEGIES FOR MANAGING SCREEN TIME

Date: September 24, 2019 **Time:** 6:30—8:30 p.m.

Location: 402 Bloomington Road, Aurora , Ont.

Does screen time in your home ever feel like scream time? Is it hard to get your children unplugged? If you answered yes, the Plugged In workshop is for you. Topics include: Guidelines for healthy screen time use, understanding how screen time effects the brain, how your own technology use impacts children, strategies for managing screen time.



<http://yorkhillscentre.eventbrite.com/>



CALMING STORMY WATERS— HOW TO SUPPORT CHILDREN THROUGH SEPARATION AND DIVORCE

Date: October 1, 2019 **Time:** 6:30—8:30 p.m.

Location: 402 Bloomington Road, Aurora , Ont.

- * Are you worried about how separation or divorce is affecting your children?
- * Would you like to minimize your children's exposure to conflict and strengthen their resiliency?
- * Are you looking for ways to deal with stress in co-parenting relationships?

In this workshop you will learn how to: Improve communication and decrease stress, manage upset emotions, strengthen and grow relationships with your children and develop positive



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BRINGING YOUR FAMILY INTO FOCUS— RAISING CHILDREN WITH ATTENTIONAL DIFFICULTIES

Date: October 16, 2019 **Time:** 6:30—8:30 p.m.

Location: 402 Bloomington Road, Aurora , Ont.

The goal of this workshop is to provide information to support parents/caregivers of children and adolescents who experience challenges with focusing attention and managing impulsivity. The workshop will cover: What ADHD is and is not, how living with ADHD impacts your child and family, and will provide strategies to assist in managing and coping when your child struggles with attentional difficulties.



<http://yorkhillscentre.eventbrite.com/>



Admission is Free!

Registration is required . For inquires or more information please call
(905)503-9560 Select 1 Ext: 0

If you are currently receiving services from York Hills, please contact your clinical worker to register.

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POSITIVE CONNECTIONS—HOW TO RESPONDS TO YOU CHILD IN POSITIVE AND EFFECTIVE WAYS

Date: December 4, 2019 **Time:** 6:00—8:00 p.m.

Location: 10350 Yonge Street, Richmond Hill, Ont.

York Hills is excited to offer a psycho-educational workshop for caregivers who are looking for new ways to connect with their child(ren). Through decades of research in attachment and various other constructs, caregivers can expect to receive evidence-based practical examples of how to connect with their children. Caregivers can also expect to gain a solid understanding as to how, why, and when connections are optimal in order to overcome behavioural challenges child(ren) may be experiencing. This workshop is open to caregivers of all types families.



<http://yorkhillscentre.eventbrite.com/>



CONSCIOUS PARENTING—RAISING TEENS

Date: November 14, 2019 **Time:** 6:30—8:30 p.m.

Location: 10350 Yonge Street, Richmond Hill, Ont.

This workshop will provide parents of adolescents and opportunity to better understand their children and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? Why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these trigger, Conscious parenting includes awareness of ourselves as individuals, as parents and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of this workshops is to introduce you to the concept of conscious parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.



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TRIPLE P SEMINAR SERIES

The Power of Positive Parenting Seminars are a series of three workshops for parents of children birth to 12 years of age. Kids don't come with an instructions manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

Seminar #1 : The Power of Positive Parenting

Date: November 12, 2019 Time: 6:30—8:30 p.m.

Location: 10350 Yonge Street, Richmond Hill, Ont.

This seminar focuses on ensuring a safe engaging environment for children by: creating a positive learning environment, Using assertive discipline, having realistic expectations and taking care of yourself as a parent.

Seminar #2 : Raising Confident and Competent Children

Date: November 19, 2019 Time: 6:30—8:30 p.m.

Location: 10350 Yonge Street, Richmond Hill, Ont.

This seminar focuses on: encouraging respect and cooperating, learning to be independent, learning how to develop healthy self-esteem and learning how to be a good problem solvers.

Seminar #3 : Raising Resilient Children

Date: November 26, 2019 Time: 6:30—8:30 p.m.

Location: 10350 Yonge Street, Richmond Hill, Ont.

This seminar focuses on: learning strategies to help build positive feelings in your child and help your child recognize and accept feelings, deal with negative feelings and upsetting or stressful life events.



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