

## Winter Schedule of Parenting Supports

### Positive Parenting “Snap Shot” Series

This series of one-hour positive parenting “snap shots” will get you thinking about your choices as a parent and help you develop strategies for a more connected and cooperative household. Each session stands alone. You can attend just one or all of them. They are presented on Zoom and registration is required.

<b>Thinking or Reacting. Why does it matter?</b> Learn why it matters that we manage our emotional reactions “in the moment” and gain some strategies for doing this.	Wednesday, January 18, 2023	6:00 pm – 7:00 pm
<b>Connection or Correction. How do they work together?</b> Find out the difference that a moment of connection makes when your goal is to correct a behaviour.	Tuesday, February 2, 2023	12 noon – 1:00 pm
<b>Screen Time. An Asset, a Menace or both?</b> We know that kids (and us) spend a lot of time on our screens. We are all spending more time on our devices whether it is for work or leisure. Learn tips & strategies to help keep kids safe & learn to self manage.	Wednesday, February 15, 2023	6:30 pm – 7:30 pm
<b>Cooperation or Obedience. What are the outcomes?</b> Learn how our expectations for our kids influence how they make choices in their lives and gain strategies to promote cooperation.	Thursday, March 2, 2023	7:00 – 8:00 pm
<b>Encouragement or Praise. What is the difference?</b> Discover the difference between praise and encouragement and learn new strategies for encouraging your children.	Tuesday, March 21, 2023	7:00 pm – 8:00 pm

### Parent to Parent Support

1. Visit our website, [parentingnow.ca](http://parentingnow.ca), to read articles and stories written by local parents.
2. Email us, via the website or at the email address below, with questions or stories of your own. Your email will be answered by a member of our Parenting Now Team.
3. Connect with a member of our Parenting Now Team via the telephone to share your story or just to chat with someone who understands. Email us at the address below to start the connection.

**To register for programs or to get more information, email:**  
**[parenting@kwcounselling.com](mailto:parenting@kwcounselling.com)**



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