



Family Education Centre
Parent Information and Support

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PARENTING COURSES

February to June 2010

The Family Education Centre is a non-profit, charitable organization striving to enrich the quality of life for families through community-based, parent-to-parent education, support and training. The following parenting courses are being offered at Central Public School, Recreation and Arts Centre (CPS), 24 Alexander St., Brampton L6W 1M7, and Family Education Centre (FEC). The cost is \$189.00 per person unless otherwise specified. A text, approximately \$25.00 (cost is not included in the registration fee) is a necessary component of most parenting courses and may be purchased the first night of instruction. For information and to pre-register, please call the Family Education Centre at 905-452-0332, Ext. 226. For more information, please go to our web site at www.familyedcentre.org. Our administrative office is at 4 Sir Lou Drive, Suite 102, Brampton ON L6Y 4J7. *Payment by VISA is now available. **Subsidy is available; please inquire.***

PARENTING YOUNG CHILDREN

(For parents of children ages 1 through 5)

7:00 - 9:00 p.m. for 8 weeks

Explore how a child's personality, social skills, belief systems and lifestyle develop. Learn the purpose of misbehaviour and how to deal with it. Learn ways to handle crying, temper tantrums, jealousy and public misbehaviour.

Wednesday, February 3 – March 31/10 (CPS)

Tuesday, April 13 – June 1/10 (CPS)

HOW TO TALK SO KIDS WILL LISTEN

(For parents of children ages 3-12)

7:00 – 9:00 p.m. for 8 weeks

A practical approach to help parents: improve listening skills; help children deal with their feelings, engage co-operation. Learn alternatives to punishment, how to encourage responsibility and communicate with your kids. *(Based on the popular book "How to Talk So Kids Will Listen and Listen So Kids Will Talk")*

Wednesday, April 21 – June 9/10 (FEC)

RAISING RESPONSIBLE CHILDREN

(For parents of children ages 6 - 11)

7:00 – 9:00 p.m. for 8 weeks

Create more satisfying, productive relationships with your children. Learn practical discipline methods, guidelines for building self-esteem, better family communication, and much more!

Monday, February 22 – April 26/10 (FEC)