



Family Education Centre
Parent Information and Support

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WINTER 2012

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 various locations. Please see each course description for location and registration information. 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 when registering and will be provided the first night of instruction. For information about the current fee schedule, 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 60 West Drive, Suite 116, Brampton ON L6T 3T6.

Subsidy is available; please inquire.

(These courses are not appropriate for parents experiencing severe difficulties with their children)

PARENTING COURSES – FEBRUARY, 2012

ANGER MANAGEMENT FOR PARENTS

Understand what triggers your anger. Learn skills to deal with conflict and anger. Explore expectations, communication styles as well as learn how to deal with power struggles. Your anger can be dealt with in a manner that leaves everyone feeling ok.

Central Public School, Recreation and Arts Centre

Wednesday, February 8 – April 4/12

7:00 – 9:00 p.m. for 8 weeks

24 Alexander St., Brampton, L6W 1M7

Pre-register by calling Family Education Centre at 905-452-0332, Ext. 226

CO-OPERATIVE PARENTING AND DIVORCE

This video based program written by family therapists Susan Boyan, M.Ed., and Ann Marie Termini, Ed.S., helps divorcing parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery, while establishing a positive, long term relationship with the child's other parent. Parents will learn practical skills to manage anger, increase impulse control, resolve conflict and learn how to communicate effectively.

(This course is not appropriate for families experiencing severe difficulties.)

Family Education Centre

Tuesday, February 21 – May 1/12

7:00 – 9:00 p.m. for 10 weeks

4 Sir Lou Drive, Brampton, L6Y 4J7

Pre-register by calling Family Education Centre at 905-452-0332, Ext. 226

PARENTING WORKSHOPS

In partnership with the Region of Peel, the Family Education Centre facilitates FREE Workshops for Parents at a number of licensed child care centres located throughout Peel. All workshops begin at 6:00 p.m. Child care is available, with a fun literacy and numeracy-based program for children to enjoy. A light meal will be provided for adults and children.

Pre-register by calling the Region of Peel Children's Services at 905-791-1585 or on line at www.peelregion.ca/children, click on Workshops, click on Parenting Workshops, then Workshops for Parents, then click on Register on Line.

PARENTING COURSES – APRIL, 2012

POSITIVE DISCIPLINE

The key to positive discipline is not punishment but mutual respect. Parents and teachers will be coached on how to be both firm and kind, so that any child from a three year old toddler to a rebellious teenager can learn creative cooperation and self-discipline with no loss of dignity. You will discover how to: bridge communication gaps, defuse power struggles, avoid the dangers of praise, enforce the message of love, build on strengths, not weaknesses, hold children accountable with their self-respect intact, teach children not what to think but how to think and win cooperation at home and at school. (Based on the Positive Discipline program created by Jane Nelson.)

Family Education Centre

Thursday, April 12 – June 7/12

6:30 – 8:30 p.m. for 8 weeks

4 Sir Lou Drive, Brampton, L6Y 4J7

Pre-register by calling Family Education Centre at 905-452-0332, Ext. 226

RAISING RESPONSIBLE CHILDREN (for parents of children ages 6 - 11)

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

Central Public School, Recreation and Arts Centre

Wednesday, April 18 – June 6/12

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

24 Alexander St., Brampton, L6W 1M7

Pre-register by calling Family Education Centre at 905-452-0332, Ext. 226