

# **The Boys and Girls Club of Fort Saskatchewan**

## **2018/2019 Community Information Series**

The Boys and Club of Fort Saskatchewan, in partnership with CALLS is pleased to present several no cost workshops for parents/caregivers and community members.

### **Fostering Success at Home and School: What Parents Can do to Help**

**Tuesday October 23, 2018 ~ 6:30pm- 8:00pm**

In this 1.5 hour workshop you will learn about executive functioning skills (the fundamental habits and skills we all possess), their impact on your child's learning, behaviour, emotions, and relationships, how to foster these skills in your child, and how your own executive functioning strengths can be used to benefit your child. You will walk away with a deeper understanding of your child's behaviours and emotions, ideas on how to best support your child, as well as concrete resources to bring home and begin fostering your child's success at home and school.

### **Conversations With Your Teen: The Fourth R Way**

**Tuesday November 6, 2018 ~ 6:30pm- 8:00pm**

Join the **Boys and Girls Club** in this 1.5hr session adapted from the Fourth R Healthy Relationships Plus Program for an opportunity to learn how to have conversations with your teenagers about some of life's tougher subjects. From dating and healthy relationships to assertive communication, mental health and substance use, we will leave you with more knowledge on the ups and downs of the teenage years so you are comfortable having all types of conversations with your teen. Also hear what teens are sharing and experiencing in the Fourth R Program offered in 5,000 schools across Canada. You might just be surprised as to what they know and what they wish you knew too.

### **Understanding Your Childs Anger (and other BIG emotions)**

**Thursday January 17, 2019 ~ 6:30pm- 8:00pm**

We invite parents/ caregivers of children 6yrs and older to gain a better understanding of the emotion anger. Learn effective strategies to support children in working through their anger and other big emotions. Create an action plan and receive take home tools and resources to use in everyday life.

### **Parenting in Blended Families**

**Saturday February 2, 2019 ~ 12:00pm- 3:00pm**

Join **The Family Centre** in developing strategies for a more positive co-parenting experience. Learn about the roles of the natural parent and step parent as well as your child's response to breakups prior to current in home relationships. Practice skills to communicate with co parents, manage conflict and solve everyday problems.

Reserve your spot for these no cost workshops by calling  
**Heather @ 780-992-0103** or **email: saskco2@telus.net.**

Child care provided. Please inquire at time of registration.



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### **The Five Love Languages —Two Night Event**

In this two-part series, Danyelle Lynch a registered provisional psychologist will help you develop a better understanding of how adults and children express and experience love and how your child's attachment style, temperament, and personality can be used to parent in an effective, supportive, loving, and fun way.

#### **Strengthening Your Parent-Child Relationship: With the 5 Love Languages**

**Tuesday February 26, 2019 ~ 6:30pm- 8:00pm**

The first 1.5hr session will focus on the work of Dr. Gary Chapman's book "The 5 Love Languages of Children" and how you can use this tool to support your child's behaviour, emotional wellbeing, and strengthen your family.

#### **Strengthening Your Parent-Child Relationship: Taking it a Step Further**

**Tuesday March 5, 2019 ~ 6:30pm- 8:00pm**

The Second 1.5hr session will build off of the first session to help you answer the question "then what?". Building on your understanding of your child's love language, learning about the importance of play, and discovering creative ways to engage with your child you will leave this session with new information and ideas on how to best support and show love to your child.

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Community Adult  
Learning & Literacy Society  
Fort Saskatchewan & Strathcona County