

The Hincks-Dellcrest Centre  
Community Prevention Program  
***Families First***

**\* *January - June 2012 Schedule* \***

**\* FREE PARENT WORKSHOPS \***

Thursday evenings 7:00 - 8:30 p.m.

Location: The Hincks-Dellcrest Centre, 1645 Sheppard Ave. West -  
(On Sheppard Ave. West between Jane & Keele Streets)

*Families First* provides a wide range of parenting workshops  
and groups that promote learning and strengthen parenting skills.  
These *FREE* educational services are designed for parents of *SCHOOL AGED* children.

Registration is required and supervised children's activity groups  
are available for children of registered parents.

**TALKING TO YOUR CHILDREN**  
**ABOUT HEALTHY SEXUALITY**

Thursday, January 19th, 2012  
7:00 - 8:30 pm



Children are curious about sexuality. They see things around them that are confusing, and they learn about sexuality from many sources including friends, TV, movies, internet, videos and school. As a parent, you may want to learn how to feel more comfortable when talking with your children about sexuality. An understanding of how children grow and develop sexually will be presented along with tips for helping parents encourage open communication.

Discussion and answer period will follow.

Presented by Sandy Fitz Gibbon, Toronto Public Health Nurse

# **HELPING YOUR CHILD DEAL WITH DEATH**

**Thursday, February 16th, 2012 7:00 - 8:30 pm**

**As parents we want to protect our children. When a loved one dies we cannot protect them from sadness they are feeling over the loss. Bereaved Families of Toronto offers specialized programs that help children deal with and voice their grief. Come and participate in this session to learn about the programs and also learn about how you can look after yourself and deal with your own loss as you support your child.**

**Presented by Barb Gill-Lazroe, Bereaved Families of Toronto**

# **STRESS MANAGEMENT FOR PARENTS**

**Thursday, March 29th, 2012 7:00 - 8:30 pm**

**Feeling stressed? We all feel it now and then, and even at different extremes. Your emotions are your way of responding to what is going on outside of you. If you are angry, frustrated, depressed, anxious, flipped out, having heart palpitations, don't take your stress out on your children, or anyone else. You are not powerless or a victim. You have many choices over what to do about your emotions, and it's up to you to make better choices. Come and learn how to recognize the signs of stress and learn some ways that you can cope with the stress. Some useful relaxation techniques will be discussed.**



**Presented by Anita Owusu, Molly Pocklington & Barbara Powell,  
Hincks-Dellcrest Centre**



## **“KIDS HAVE STRESS TOO!”**

**Two Part Workshop**

**Thursdays - April 19th & 26th, 2012**

**7:00 - 8:30 pm**

**Since children often experience stress in different ways than adults, these workshops are aimed at educating parents/caregivers on how to recognize and understand stress responses in children. Children who develop healthy coping skills to deal with stress feel more competent, are more resilient, and are better able to adapt, to relax, and to problem-solve! Age appropriate coping strategies are taught to the parents so that they can teach and help their children to successfully manage stress.**

**Presented by Beth Baker, Toronto Public Health Nurse**

# **COMMUNICATING WITH YOUR TEENAGER**

Thursday, May 24th , 2012  
7:00 - 8:30 pm

Developing and maintaining good communication is an important part of parenting. Good communication with teens requires variety of communication strategies and good listening skills. We try our best but sometimes we encounter some

“roadblocks” in our communication. This will be an interactive workshop where we will identify what some of the roadblocks to communication are, and then learn about effective communication skills that can replace the roadblocks so that communicating with your “young adult” is less strained and more positive. Group participation and involvement will be encouraged.

Presented by Marisa Milani, Hincks-Dellcrest Centre



## **“AT HOME ALONE”** Parent & Child Workshop

Thursday, June 7th, 2012  
7:00 - 8:30 pm

Are you wondering if and when it's safe to leave your child at home alone to run a few errands? Does he/she need to spend a couple of hours home alone before or after school due to your work schedule or other commitments? Come join us for a highly interactive program for parents AND their 10 -14 year old children. The workshop is geared to help families assess and prepare their children to be home alone safely. This workshop will cover five easy steps to independence, increase safety knowledge, and help you and your child develop a safe, and reassuring “at home alone plan” together. Each family will be given a take home handbook and DVD.

Presented by Beth Baker, Toronto Public Health Nurse

*The Hincks-Dellcrest Centre is a children's mental health treatment, research and teaching centre.*

*Our vision is to bring hope, optimism, and possibilities to the children and families we serve.*

*Our mission is to be leaders in mental health care for children and their families by combining prevention, treatment, research, and education.*

**The  
Hincks-  
Dellcrest  
Centre**



**United Way  
Toronto**

Without you, there would be no way.

**The Hincks-Dellcrest Centre  
Families First  
Community Prevention Program**

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(On Sheppard between Jane & Keele)  
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**Website: [www.hincksdellcrest.org](http://www.hincksdellcrest.org)**

**Would you like to be added to our mailing list?**

**If you would like to be added to our mailing list, please call us at 416 - 633 - 0515, x 167, leave your name, address, postal code, telephone number and we will gladly add you to our list.**

**If you would prefer to be on our email list,  
please call us with your email address.**

**Our next flyer will go out in early September 2012.**