

Behaviour & Pro-Social Skills

Parent Group/Workshops

These evenings are informal and interactive, starting with a meal.

Stress and Anxiety in Young Children

with Dr. Robin Adkins

Registered Psychologist, Glenrose Hospital

Join us for an informative and interactive session with Dr. Adkins. Dr. Adkins' workshops offer parents information and strategies as well as an open forum for questions. Her use of humor and personal experiences make this workshop a fun and informative evening.

Session one is an overview of what anxiety looks like in young children and provides strategies to help both the child and parent cope. Session two is a review and discusses transitioning young children from kindergarten to grade one.

Location:

Genesis

10537 - 44 Street

St. Dominic

11350 - 25 Avenue

Date and Time:

Jan 19, 2012

5:30 to 7:30 pm

May 17, 2012

5:30 to 7:30 pm

Picky Eaters

It is very common for kids to be picky about the food they like. This can be frustrating for parents and children. This session will provide you with strategies and tips on how to get your kids to eat a variety of healthy foods.

Location:

Genesis

10537 - 44 Street

Date and Time:

Jan 11, 2012

6:00 to 8:00 pm

Parent Feedback:

"The group involvement, personal stories and questions really helped."

"The childcare was awesome and enabled both parents to enjoy the talk and be on the same page."

**Childcare and a meal
are provided.**

**Pre-Registration is
required. Please call
780-638-6810**

Behaviour & Pro-Social Skills

Incredible Years Program

The *Incredible Years: Pro Social Skills Program* is a research based program designed to reduce childhood aggression and behavioural difficulty while increasing social skills at home and school. This program provides instruction, information and interaction for both the parent and the child in the following areas:

- Social skills
- Understanding of feelings
- Conflict management skills
- Academic engagement, school readiness, and cooperation with teachers



Afraid



Sad



Excited



Happy

10 Sessions:

Dates and Times:

Block One

Mondays, Oct 3 to Dec 5, 2011

Afternoon Group: 12:30 to 2:30 pm

Evening Group: 5:30 to 7:30 pm

Block Two

Mondays, Jan 16 to Mar 19, 2012

Afternoon Group: 12:30 to 2:30 pm

Evening Group: 5:30 to 7:30 pm

Block Three

Mondays, Apr 16 to Jun 18, 2012

Afternoon Group: 12:30 to 2:30 pm

Evening Group: 5:30 to 7:30 pm

Location: Genesis

10537 - 44 Street

To register, please call: Early Learning

780-638-6810

"My child loves Wally School. He sits better, waits better, puts his hand up. Awesome!" - Kindergarten Parent

"He enjoyed the sessions and we have seen a wonderful change in his behaviour." - Kindergarten Parent

"Just wanted you to know that the information we have received from the program is SO helpful for us to provide continuity in the classroom for our wee little one who goes to the I.Y. program with his mom. Comments from the mom have been tremendously positive" - Edmonton Catholic Kindergarten Teacher

Behaviour & Pro-Social Skills

Sensory and Behaviour

Sensory and Behavior Strategies

This three-part series will provide insight into some of the underlying causes for sensory behaviors. We will explore sensory processing, self-regulation, and practical sensory and behavior strategies. If your child shows some of the behaviors listed below, we can help! Can your child be described as:

- Constantly wiggling, moving, or putting things in their mouth?
- Thrill seeking, or seems accident prone?
- A picky eater, or sensitive to clothing, touch, sound or light?
- Anxious, fearful of new things, or withdrawing from typical activities?
- Aggressive, or bossy?
- Upset if plans change, or has trouble transitioning from one activity to another?



This series will be facilitated by Early Learning Occupational Therapists and a Behavior Specialist and will provide practical strategies you can start using right away!

Three Sessions:

Date: Jan 18, 25, Feb 1, 2012

Time: 5:30 to 7:30 pm

Location: **Genesis**

10537 - 44 Street

***Childcare and a meal
will be provided.***

***Pre-Registration is
required. Please call
780-638-6810***

Behaviour & Pro-Social Skills

Triple P - Positive Parenting

Imagine . . . Parenting with an instruction manual that WORKS!

Triple P is an international award winning parenting program, supported by 30 years of clinical research. It enables parents to find successful strategies to deal with the challenges of raising children.

Come join other parents and facilitators for five group meetings and three individual telephone discussions. Phone calls will be booked after the fourth session.

Triple P has helped six million children and their families worldwide. We look forward to helping you!!



Locations:

Dates and Times:

Genesis

10537 - 44 Street

Oct 5, 12, 19, 26, Nov 23, 2011

Wednesdays

5:30 to 8:00 pm

St. Clement

7620 Millwoods Rd

Jan 18, 25, Feb 1, 8, Mar 7, 2012

Wednesdays

5:30 to 8:00 pm

Bishop Savaryn

16215 - 109 Street

Feb 28, Mar 6, 13, 20, Apr 24, 2012

Tuesdays

5:30 to 8:00 pm

St. Martha

7240 - 180 Street

May 1, 8, 15, 22, June 19, 2012

Tuesdays

5:30 to 8:00 pm

Childcare and a meal will be provided!

To register, please call:

Early Learning

780-638-6810

Behaviour & Pro-Social Skills

Triple P - Positive Parenting

Small Changes, Big Differences -

Can Triple P Really Change your Life?

You will be amazed how small changes in the way families operate can make a big difference to stress levels, happiness and well being.

Come join us for a 4 week session that will leave you feeling more confident, competent and ready to deal with common child behavioral and emotional concerns.

4 Sessions:

Fridays: Nov 18, 25, Dec 2, 9, 2011

6:00 to 8:00 pm

Location: **One World One Centre
Mosaic Room**

12050 - 95A Street

Triple P - Positive Parenting Program Seminar

These are stand alone seminars, so come to as many as you choose. The three evening programs offer universal parenting tips, and can also provide early intervention strategies for parents who are concerned their children are developing behavioral or emotional problems.

Oct 11, 2011 - The Power of Positive Parenting

Oct 25, 2011 - Raising Confident, Competent Children

Nov 8, 2011 - Raising Resilient Children

Location:

Genesis
10537 - 44 Street

Tuesdays
6:00 to 8:00 pm

The evening starts with a meal. Childcare is provided.

To register, please call:

Early Learning

780-638-6810



EARLY LEARNING

2011-12

T: 780-638-6810

F: 780-638-6844

