



Families First Society
FORT SASKATCHEWAN



Fort Saskatchewan
Boys & Girls Club



It Takes a Village - Parent Conference

October 17th 2015

École Parc Élémentaire, 9607 Sherridon Dr, Fort Saskatchewan

Cost: FREE

***Lunch is provided. Childcare is available.

Name: _____

Phone Number: _____

Name and Ages of Children Needing Childcare: _____

Lunch will be provided. List any allergies: _____

Please select a choice for each session.

Registration and childcare drop-off (9:00 am – 9:30 am)

Session 1 (9:30 am – 10:30 am)

- ☐ Goodbye Mealtime Struggles (continued in session 2)
- ☐ Internet Safety
- ☐ Advocating for your Child (continued in session 2)
- ☐ Triple P: Managing Fighting and Aggression (continued in session 2)
- ☐ Kids Have Stress Too! (all day session)

Session 2 (10:45 am – 11:45 am)

- ☐ Goodbye Mealtime Struggles (continued)
- ☐ Budgeting= Financial Success
- ☐ Advocating for your Child (continued)
- ☐ Triple P: Managing Fighting and Aggression (continued)
- ☐ Kids Have Stress Too! (continued)
- ☐ 5 Love Languages

Session 3 (12:30 pm – 1:30 pm)

- ☐ Triple P: Dealing with Disobedience (continued in session 4)
- ☐ Addictions
- ☐ Zones of Regulation (continued in session 4)
- ☐ Workforce Warriors
- ☐ Kids Have Stress Too! (continued)

Session 4 (1:45 pm – 2:45 pm)

- ☐ Triple P: Dealing with Disobedience (continued)
- ☐ Career Coaching your Teen
- ☐ Zones of Regulation (continued)
- ☐ LGBTQ - Appreciating the Rainbow
- ☐ Kids Have Stress Too! (continued)

Session 5 (3:00 pm – 3:15 pm)

- ☐ Putting Passion into Practice (all adults)

Session 6 (3:30 pm – 4:00 pm)

- ☐ Laughter Yoga (everyone!)

For session descriptions please go to
www.familiesfirstsociety.ca/conference

To register:

- www.familiesfirstsociety.ca/conference
- Call 780-998-5595 ext 221
- Drop off this registration form at any of our programs or to our office located at 10302a - 99 Avenue, Fort Saskatchewan



parentLINKcentre





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Session Descriptions

Session	Description
Addictions	This one hour workshop will provide parents information regarding what signs to look for in teens using drugs, information on drugs, alcohol, and healthy choices, as well as discussing the youth addiction services available and strategies to engage youth in conversations about substance use.
Goodbye Mealtime Struggles	Looking to make mealtimes more pleasant? In this session you will learn more about how children grow and develop eating skills, explore the many reasons behind meal time struggles, and decide which first step strategies best fit your child and family. Learn about setting a consistent routine, connecting with your child, introducing healthy new foods, and appropriate portion sizes.
Internet Safety	The Internet can be a wonderful resource for kids. Kids who can simply swipe a screen can access the world with the computer. Join Constable Schepp for this engaging one hour presentation where you will leave with practical tips and strategies to help you keep your children safe while using the internet.
The 5 Love Languages of Children	Come spend some time exploring how parents communicate love and how children interpret love from parents. You will be introduced to the book "The 5 Love Languages of Children" written by Gary Chapman and led through a discussion on how to successfully express your respect, affection, and love to your child. Through the use of the 5 languages parent/families will notice the improvement children's behavior and strengthen the bonds within the family.
Zones of Regulation	In this session parents will learn how to increase their child's emotional vocabulary, understand self-regulation (self-control) and have a solid foundation to begin implementing the "Zones" program within their home. "The Zones of Regulation" is a simple and easy to use program that assists children in recognizing their emotional states by categorizing into four zones (colours) while giving tools to assist in self-regulation. ** Program developed by Leah Kuypers, OT
Advocating for your Child	Participants in this workshop will review strategies to best advocate for their special needs/quirky child and how to communicate with various agencies to enhance supports and services. We will also explore the demanding and sometimes exhausting role of a parent with a child who has challenges. Plenty of time will be allowed for individual questions at the end of our session.
Kids Have Stress Too	This workshop helps parents/ caregivers understand childhood stress and how to provide children with the tools to deal with stress effectively. We talk about the signs, symptoms and strategies to help our children manage stress.



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Session Descriptions

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LGBTQ - Appreciating the Rainbow	This one hour workshop will provide parents with information about sexual and gender diversity in schools and communities. Topics will include: human rights, using inclusive language, myths about LGBTQ, issues for children and families, practical tools and strategies, and resources to access.
Triple P Dealing with Disobedience	This discussion provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, teach their child limits, and also to manage disobedience when necessary.
Triple P Managing Fighting and Aggression	In this session parents are encouraged to share their experiences of aggressive and destructive behavior from their children, and discuss some of the reasons children fight. This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating and being gentle. They also prepare plans to manage times when fighting and aggression do occur.
Career Coaching your Teen	Always asking your teen, "Now what," or "What's your plan?" This workshop explores various after school options to encourage your teen in making informed career choices.
Workforce Warriors	A workshop for moms returning to work. Thinking about going back to work, but there seems to be too many obstacles? This workshop explores those obstacles and the various ways to overcome them with positive results to support your family.
Budgeting= Financial Success	Learn all about effective money management including setting budgets and financial goals, figuring out how and where you spend your money, tips to saving money and boosting your income, and responsible credit usage.
Laughter Yoga	Everyone welcome! Join us for a half hour of laughs!
Putting Passion into Practice	This topic/talk explores the opportunity to shift into a state of joy and fulfillment in our day to day lives. Do you feel like something is missing in your life? Maybe you know you have a purpose but have yet to uncover it? Perhaps you just feel unhappy and don't know why? Together we will begin to uncover those joy filled moments and learn how we can infuse them into our everyday!



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Session Schedule

Time:	Session Choices:					
9:30 - 10:30 Session 1	Goodbye Mealtime Struggles	Internet Safety	Advocating For Your Child	Fighting and Aggression	Kids Have Stress Too!	
10:30 - 10:45 Break						
10:45 - 11:45 Session 2		Budgeting = Financial Success!				
11:45 - 12:30 Lunch						
12:30 - 1:30 Session 3	Dealing with Disobedience	Addictions	Zones of Regulation	Workforce Warriors	Kids Have Stress Too! (continued)	
1:30 - 1:45 Break						
1:45- 2:45 Session 4		Career Coaching your Teen		LGBTQ - Appreciating the Rainbow		
2:45 - 3:00 Break						
3:00 - 3:15 Session 5	Putting Passion into Practice					
3:15 - 3:30	Child Pick up					
3:30 - 4:00 Session 6	Laughter Yoga					