

Effective Parenting Workshop

This parenting workshop is offered by Irene M. Haire, Master in Counselling: Art Therapy Specialization, Registered Provisional Psychologist

Location: at the office of:
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The Effective Parenting Workshops are held for 2 consecutive Saturdays from 10:30 to 12:00 Noon at 10009 85 Ave Edmonton T6E 2J9. Call **780-433-2269** for availability and start dates as space is limited



Effective Parenting

Who benefits: This workshop is intended for parents and caregivers with children ages 2-12

Description: This workshop is a simple, precise and effective form of gentle and firm management of children's behaviour. Though parenting is challenging, through the consistency and application of effective skills, the process is rewarding and more enjoyable.

Expect to learn: How to (1) strengthen your relationship with your children, (2) control unwanted and obnoxious behaviours, and (3) encourage good behaviour by expressing warmth and positive feedback.

This workshop is based on Dr. Thomas Phelan's researched findings on effective parenting and his book called: **"1-2-3 Magic: Effective Discipline for Children 2-12"**.

Please call **780-433-2269** for availability and start date for the Effective Parenting Workshop. You may put your name on a waiting list for future workshops that follow if the current one is full.

Intention: To Build Positive Interactions and Skills:

- Establishing positive routines
- Up and out in the morning
- Cleaning up and chores
- Suppertime
- Homework
- Going to bed and staying there
- Counting: Simple but not easy
- Frequent questions
- Out in public
- Little adult assumption
- Two biggest discipline mistakes
- Sympathetic listening: How to do this effectively
- One-on-one fun and the importance of it
- When can you talk to your kids?
- Solving problems together
- Kids tween and tech-monitoring modern technology

Workshop leader:

Irene Haire has worked as a therapist and group facilitator since 2003. She completed a 2-year practicum at the Support Network (2007), Children, Adolescent, Family Mental Health (CASA, 2008) and she has provided ongoing art therapy and counseling at 2 schools within Edmonton since 2008.

Prior to that, she worked at the Sexual Assault Centre Edmonton on the crisis phone line (2003-2005) and co-facilitated a bereavement group at the Support Network (2007). Irene worked as a counsellor in the walk-in counselling area at the Support Network as a volunteer (2004-2007). Her experience with Canadian Mental Health included a weekly lifestyle enhancement group and a monthly group where she presented educational topics related to obtaining better health (2003-2005).

Irene developed specializations for psychological credentials. She works with adults, adolescents, and children, working with individuals, couples, and running groups. She has a specialization in Art Therapy. In 2011 Irene trained in "Focusing", a body-centered therapy and completed her "EMDR Training" (Eye Movement Desensitization and Reprocessing). She graduated with a Masters in Counselling with an Art Therapy specialization in 2010 and is currently a Registered Provisional Psychologist.

Workshop Format:

The workshop consists of a small group of parents. It will provide an opportunity to share, learn and develop skills for effective parenting which results in a more enjoyable, healthy, and emotionally-secure family. Handouts, power-point presentations, and additional resource information are available at the workshops. Having a week in-between the two Saturdays gives parents the opportunity to explore some of the learned strategies prior to the second workshop.

Workshop Times & Dates:

All workshops are scheduled to start Saturdays from 10:30 -12:00 Noon for two consecutive weeks.
Feb 25-Mar 3, 2012
Mar17-24,2012
Apr28-May 5, 2012
May 12-19, 2012
June 16-23, 2012

Workshop Place:

10009-85 Avenue, Edmonton. Check with the office for availability and start date at
780-433-2269

Workshop Fees:

The fee is \$50.00 per person or \$90.00 per couple for two weekly-one & a half hours (1&1/2 hr). Workshops fees are to be paid in advance.

Registration Form:

Date of
Workshop: _____

Full Name: _____

Full Name: _____

Mailing Address: _____

City, Province, Postal Code

Contact Phone Numbers

Home _____ Cell: _____

Work: _____

E-Mail

Please pay by cash, debit card, or credit card.

Please charge my credit card:

MasterCard _____ Visa _____

Card Number: _____

Exp. Date: _____

Signature: _____

You will receive confirmation of registration along with instructions to the workshop venue upon receipt of payment.

Cancellation & Refund Policy:

Registrants cancelling up to 4 weeks before the workshop receive a refund less \$50.00 administration fee. By written request, the full course fee may be transferred to a future workshop.