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# Fall 2020


## September online discussion groups


**Wed, Sep. 2**

**Coping With Teenagers' Emotions**

**Thurs, Sep. 3**

**Developing a Good Bedtime Routine**

 For parents of children age 0 to 10

 For parents of children age 10 to 16

*These discussion groups are conducted online. Parents may attend any or all.*

**Wed, Sep. 9**

**Reducing Family Conflict**

**Thurs, Sep 10**

**Managing Fighting and Aggression**

*All sessions are conducted from 7 pm to 9 pm.*

**Wed, Sep. 16**

**Building Teenagers' Survival Skills**

**Thurs, Sep 17**

**Dealing with Disobedience**

All programs are **free**, but registration is required for all sessions:

Call 306-783-3080 | Text 306-621-3084 | Message on Facebook | Email [triplep@signyorkton.ca](mailto:triplep@signyorkton.ca)

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## Fear-Less program

A new program for parents of children age 6 to 14 who have various forms of anxiety. This program helps parents develop strategies they can use with all their children to help them develop effective anxiety-management strategies.

**Tuesday September 29 from 7 pm to 9 pm**

This is an in-person seminar for parents of children who have anxiety issues, to be held at SIGN on Broadway in Yorkton. Not intended for professional development purposes. Registration is limited to 30 persons.

**Saturday October 3 from 1.30 pm to 3.30 pm**

This is an in-person seminar for parents of children who have anxiety issues, to be held at SIGN on Broadway in Yorkton. Not intended for professional development purposes. Registration is limited to 30 persons.

## Fear-Less group

**Mondays October 19, 26, November 2, 9, 16, 23**

This is an in-person group for parents of children who have anxiety issues, to be held at SIGN on Broadway.

Parents must commit to all sessions. Session 1 is mandatory, and must be attended to continue with the rest of the sessions.

No other parents will be permitted after the sessions starts.

Parents must meet certain criteria before being accepted in this group. Call for details.

For the safety of all those participating, Covid-19 guidelines will be strictly followed, including screening, sanitizing and social distancing. Masks must be worn by all participants (and will be provided if you do not have your own). Childcare will not be provided and children are not permitted to attend.

All programs are **free**, but registration is required for all sessions:

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## Group program

For parents with children age 0 to 10

**Tuesdays October 13, 20, 27, November 3, 17 from 7 pm to 9 pm**

This is an in-person group for parents which provides the full range of Triple P's positive parenting strategies and will help them understand why their child behaves the way he or she does.

Parents must commit to six weeks of sessions (five classes, one by phone). Session 1 is mandatory, and must be attended to continue with the rest of the sessions. No other parents will be permitted after the sessions starts.

## Teen Group program

For parents with children age 10 to 16

**Thursdays October 15, 22, 29, November 5, 19 from 7 pm to 9 pm**

This is an in-person group for parents which provides the full range of Triple P's positive parenting strategies and will help them understand why their child behaves the way he or she does.

Parents must commit to six weeks of sessions (five classes, one by phone). Session 1 is mandatory, and must be attended to continue with the rest of the sessions. No other parents will be permitted after the sessions starts.

**These programs will be held at SIGN on Broadway in Yorkton.**

**For the safety of all those participating, Covid-19 guidelines will be strictly followed, including screening, sanitizing and social distancing. Masks must be worn by all participants (and will be provided if you do not have your own). Childcare will not be provided and children are not permitted to attend.**

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## Stepping Stones Group program

For parents with children age 0 – 12 who have a developmental delay

**Wednesdays October 7, 14, 21, 28, November 4, 18 from 7 pm to 9 pm**

This is an in-person group for parents to help them manage problem behaviour and developmental issues common in children with a disability. It also helps encourage behaviour you like, cope with stress, develop a close relationship with your child and teach them new skills.

Parents must commit to seven weeks of sessions (six classes, one by phone). Session 1 is mandatory, and must be attended to continue with the rest of the sessions. No other parents will be permitted after the sessions starts.

## Pathways Triple P

For parents with children age 0 to 16 where the parents have anger issues

**Thursdays November 26, December 3 and 10 from 7 pm to 9 pm**

Things are very bad at home. You feel angry a lot of the time. Perhaps you worry that you are going to “lose it” and hit your child – or worse! We want to help keep families together. This is an in-person program. Attendance at a group program is a prerequisite for registering for Pathways Triple P.

Parents do not need to attend all three sessions. The program manager will decide which sessions are best suited for the parent(s) based on various criteria.

**These programs will be held at SIGN on Broadway in Yorkton.**

**For the safety of all those participating, Covid-19 guidelines will be strictly followed, including screening, sanitizing and social distancing. Masks must be worn by all participants (and will be provided if you do not have your own). Childcare will not be provided and children are not permitted to attend.**

**All programs are free, but registration is required for all sessions:**

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