

Workshop Facilitators:

Jena Hershler,
MA in Counselling Psychology, Intern
Adler School of Professional
Psychology (Vancouver Campus)

Danielle Bowersock
MA in Counselling Psychology, Intern
Argosy University (Seattle)

Both Jena and Danielle are currently completing their internships with Westcoast Family Resources Society and look forward to sharing their academic knowledge as well as their compassion, respect, and encouragement to parents experiencing difficulty. Both Jena and Danielle practice in a way that is confidential, skilful, and calm.

**To register for this
valuable workshop,**

Call Jena or Danielle
604 254-5457 (ext 255 or 254)

AGENCY MISSION STATEMENT

*Westcoast Family Resources Society
contributes to the healthy development
of children by providing services to
strengthen the relationships between
children and families and between
families and their communities.*



**WESTCOAST FAMILY RESOURCES
SOCIETY - NORTH SHORE**
#304 - 1200 Lynn Valley Road
North Vancouver BC V7J 2A2
(604) 985-2202

All Westcoast Family Resources Society
(WFRS) Groups and Programs are supported and funded by
the Ministry of Children and Family Development (MCFD)

NORTH SHORE SPRING 2010

*Westcoast Family Resources
Society
Presents*

*An Opportunity to Grow
with a **GROUP** for parents*

**Parenting Support
Group
(Based on concepts
from Alfred Adler
and Rudolf
Dreikurs)**



Course Overview:

- 8 week course
- Monday mornings
- 9:30am-11:30am
- This is a closed group.

Purpose:

- To help parents understand their children's behaviour
- To learn how to promote cooperation and responsibility in our families.
- To learn effective techniques to encourage positive behaviour, to prevent misbehaviour, and to deal with inappropriate behaviour.

Classes will be held on:

- March 1, March 8 March 15,
- March 22, March 29,
- April 12, April 19, April 26

Location:

WFRS Office
#304 - 1200 Lynn Valley Rd
North Vancouver, BC

**This group program is available for
North Vancouver residents only**

Fee: Free

* Childcare available. Please ask.

Benefits may include:

- An opportunity to share with other parents and to learn new ideas and examine existing beliefs in an accepting and supportive environment.
- An increased awareness into the relationship between each parent's family of origin and current parenting styles.
- Techniques for managing stress and anxiety that accompany parenting.
- Learning discipline tools that help reduce misbehaviour and encourage cooperation and responsibility in the family dynamic.



Course Content:

The group will include learning parenting tools as well as processing feelings and thoughts that may arise.

Each week we will cover topics such as:

- An introduction to Adlerian parenting concepts
- The dynamics of family relationships and mindful parenting.
- The connection between family of origin and one's own parenting style.
- Use of the act of encouragement with children.
- Communication tools
- Understanding the concept of the underlying goals of behaviour among children
- Discipline techniques
- Problem solving and family meetings
- Dealing with feelings, anger, and stress

While we intend to address the above topics, content may be modified to address group needs as they arise.