



TRAINING SCHEDULE

GROWING TOGETHER

FOR ADULTS WHO TAKE CARE OF CHILDREN:
PARENTS, GUARDIANS



SEPTEMBER

15

10:30 A.M.
TO 11:30 A.M.

RAISING OUR CHILDREN – A JOY AND A CHALLENGE

Zoom <https://cepn-fnec.zoom.us/j/83931186922?pwd=WnVsUmtCRS80aUzcG5MVTJuVkthQT09&from=addon>

We love our children and do our best to bring them up to be able to do well in life. But it is not always easy! We all need help from time to time. This introductory session will help you to understand your children better. We will look at how their brain develops and this may explain why children sometimes have a hard time behaving as we would like them to. Then we will share some key ideas that will help you to become the parent you would like to be.

OCTOBER

6

10:30 A.M.
TO 11:30 A.M.

LOVING AND GUIDING – WHAT OUR CHILDREN NEED FROM US

Zoom: <https://cepn-fnec.zoom.us/j/82547168853?pwd=SnZaV2RlLzVjSGJECvFvSR05aTmZaUT09&from=addon>

In this session we will talk about how to help our children to stay connected to us. When they feel loved and love us back in return, then it becomes easier to guide them. And sometimes, being the guide means imposing limits. But won't that cause resentment? It will but in this session we will help you to find a way to be "firm but kind."



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NOVEMBER

10

10:30 A.M.
TO 11:30 A.M.

HANDLING SEPARATION – HOW TO MAINTAIN A STRONG CONNECTION EVEN UNDER DIFFICULT CIRCUMSTANCES

Zoom: <https://cepn-fnec.zoom.us/j/86005808309?pwd=eEdmWXBXTEVqQmhsalh6RIIQSDdVUT09&from=addon>

Attachment is our greatest need and separation is our greatest fear. This is true for all humans and especially for our children. One challenge that all parents face is how to keep strong connections when we have to be away from our children. This session will help you to deal with the emotional reaction to separation and to find ways to stay connected even when you can't be with your children as much as you would wish.

DECEMBER

8

10:30 A.M.
TO 11:30 A.M.

HELP – MY CHILD IS HAVING ANOTHER TANTRUM

Zoom: <https://cepn-fnec.zoom.us/j/87356986257?pwd=ZHRXekFWakMyTVNjYU1sVDcxdGI6dz09&from=addon>

Tantrums and attacking behaviour are so hard to deal with. This session will help you to understand where the tantrum and/or attack is coming from. We will uncover what is going on inside the brain and the body of a child in that moment. Then we will explain some ways to respond that can make things better for everyone, the child and the adult.



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JANUARY

19

10:30 A.M.
TO 11:30 A.M.

MY CHILD IS ANXIOUS AND CRIES A LOT – WHAT AM I SUPPOSED TO DO?

Zoom: <https://cepn-fnec.zoom.us/j/82477651573?pwd=WmdHaC9ydmdzSzBQeEE2a0NIT0UvQT09&from=addon>

An anxious child is feeling alarmed and alarm arises when the child is worried that they can't be “good enough”. This session will focus on how to reassure an anxious child and to help them to handle their alarm. In addition, we will encourage you to help your child to find their deep tears of sadness. Sadness and tears are an essential part of healing and growing.

FEBRUARY

9

10:30 A.M.
TO 11:30 A.M.

MY CHILD KEEPS REFUSING TO OBEY AND CO-OPERATE - IS THERE ANYTHING I CAN DO?

Zoom: <https://cepn-fnec.zoom.us/j/84754368730?pwd=Q1M1M1MzeXU5WTdOZ3M2ODUrSmgzZz09&from=addon>

This session will focus on one of our most basic and needed human instincts called counterwill. It is this instinct, that we all have, that creates in us the desire to say, “No,” when someone tries to tell us what to do! In this session we will describe the role that counterwill has in human development and then we will look at how to work with this powerful force in the context of being a parent. It's not easy but after this session, you may come to appreciate it the occasional “No”.



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MARCH

16

10:30 A.M.
TO 11:30 A.M.

HOW CAN I HELP MY DISTRACTED, OVERACTIVE AND DISORGANIZED CHILD?

Zoom: <https://cepn-fnec.zoom.us/j/84342691021?pwd=L2ZDN0liUIFXNnB3SIJTYnEyY3BSQT09&from=addon>

Children who have a hard time concentrating, who are “hyper” active and who are very disorganized are a challenge to parent. They also end up having many difficulties at school because they can’t seem to get their work done, they have some additional learning challenges and they have to work hard at doing all the tasks required by the teacher. Then, when they get home they have extra homework, that they just can’t or don’t want to do. This session will help you to find interventions to support your child who is caught in this cycle. There are no easy answers but there are some practices and routines that can make things better for everyone.

APRIL

20

10:30 A.M.
TO 11:30 A.M.

THE CHALLENGES OF CO-PARENTING, FOSTER PARENTING AND BEING A PART-TIME GUARDIAN

Zoom: <https://cepn-fnec.zoom.us/j/88617109145?pwd=MVdlQkdjS01aNU9JcXNYWm dYV1VZUT09&from=addon>

When there are multiple adults who are involved in the care of a child, there are special challenges. This session will try to answer some common questions. What if the “other parent” or care giver has a different style or expectations? How can we make transitions easier for the child? How can I help a child who misses their parent but cannot be with that person? Let us help you to figure out how to make your way through these difficult situations.