

Parent/Children's Programs Registration Form

I am interested in the _____
parenting program/children's program at NOYFSS.

Name(s): _____
Age(s) of child(ren): _____
Phone number: _____ Other phone number(s): _____
E-mail address: _____

Many of our **parenting** programs are presented at the time that works best for the majority of participants. Put "1" for the time that is best for you and a "2" for your second choice:

- ____ Morning (9:30 to 11:30 am)
____ Afternoon (12:30 to 2:30 pm)
____ Evening (Approx 6:30 to 8:30 pm)

Our programs are free of charge, but pre-registration is required. We do not provide child care for most parenting programs, so we ask that you arrange child care well in advance of the program start date.

Programs have limited space, register early

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North Okanagan Youth and Family Services Society's
fundraising events support
our parent, youth and childrens programs!
Some of these programs are also supported by the Ministry
of Child and Family Development and community
donations.

If you would like to make a donation or sponsor
one of our parent, youth or childrens programs
please contact Jan Shumay
at (250)545-3572 for more information.

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Families Matter

***Creating a healthy family
is a learning experience***



**Parent, Child and Youth Programs
January to March 2010**



**North Okanagan Youth and Family
Services Society
3100 32nd Avenue
Vernon, BC V1T 2L9
Phone: (250) 545-3572
Fax: (250) 545-1510
Website: www.noyfss.org**

Children and

January to March 2010



“Be Cool”- Children’s Anger Management Program

The aim of this 5 session program is to provide a safe, fun environment where children can learn about managing their anger. There is strong emphasis on learning and practicing social skills.

The group uses videos, games, worksheets, crafts and role playing. During the school year the program is offered once a week after school, while the spring- break program runs each morning for one week.

Children will: explore the emotions behind anger, be involved in social skills building, have the opportunity to learn skills to deal with anger, be asked to practice these skills between sessions.

Year round

Contact Jennifer or Theresa at (250)545-3572 to register your child.



Teen Group: Parent/Teen Conflict

Do you feel like your parents don’t understand you? Do you feel like you don’t understand your parents? If so, you might be interested in attending this group. This 6 session group is for teens ages 13-18.

Some things we will explore: why do parents act the way they do, what can you do to make yourself heard and understood by your parents, your rights and responsibilities, your parents rights and responsibilities.

Starts January 26, 2010 - Tuesday 3:30 to 5 pm

This is a **FREE** group, but you must pre-register by phoning Melanie at (250)-545-3572.



Parent/Teen Conflict Program

For Parents of Youth 13+

This program is directed towards parents who are experiencing conflict with their teens. Parents will have the opportunity to meet and talk with other parents who are dealing with similar issues, learn some skills for supporting and encouraging youth, and gain a better understanding of adolescent development.

Starts Mid February 2010

Contact Craig or Melanie at (250)545-3572 to register.

An ongoing Support Group for parents who have taken the Parent/Teen Support Program, or a similar program, is also available. For more information contact Craig at (250)545-3572.

Young Parent Program

This program provides counselling, information and support to pregnant and parenting teens. The Family Counsellor can meet with teen parents on an individual basis for counselling and to work on parenting and family issues. Weekly group sessions provide opportunities for teen moms and dads to share stories and learn parenting strategies. Throughout the year a variety of activities are available for parents to attend with their children.

Ongoing

For information on individual service and/or dates and times of the Young Parents Groups please contact Jodi at (250)545-3572.



Parenting Matters: Youth Matter

Parents of Children with Special Needs Support Group

This group provides parents of Children with Special Needs an opportunity to connect with other families in the community. The group will discuss resources, parenting concerns, behavior challenges and any other parenting issues that arise.

Ongoing

This parent group is held every second Wednesday at 12:30 pm. Please contact Ben or Kim at (250)545-3572 for info or to register.



Managing Conflict in the Family

All parents and children experience anger and conflict at times. This program focuses on: understanding and managing our own anger, understanding children's emotional development and anger, learning and practicing communication and conflict resolution skills.

Women's Group Starts January 20, 2010 (Full)

Men's Group Starts February 23, 2010

Couples Group Starts March 22, 2010

To register, phone (250)545-3572 and ask for Shelly or Rob.

Parenting After Separation: For your child's future

This 3 hour information session is for parents prior to, during or after a separation or divorce. It assists parents in understanding their children's needs during a separation and explains how they can help children adjust to the changes. Child support guidelines and options available to resolve legal and parenting issues are provided.

Year round

For more information or to register contact Lorel at (250)545-3572.



Coming in April, 2010:

AIM: Anger is Misunderstood

-a group for teens (ages 13-18) about understanding and managing their anger. Contact Raedene or Laura for more information (250)545-3572.

Coping with Separation and Divorce: Support for Kids

- for children 6-12 years old experiencing the separation or divorce of their parents.

Contact Jennifer at (250) 545-3572 for more information or to register.

Parenting Matters

Playing for Keeps

This program is for mothers and fathers and their 6 month to 3 year old children to attend together. We will explore play activities you can do with your child with items found in your home. These play activities promote brain growth, bonding and emotional intelligence. Parents will have an opportunity to develop new skills and learn how play promotes healthy development in their children.

Starts March 5, 2010 - Friday from 1:00 - 2:00 pm.
To register please phone Jennifer at (250)545-3572



The ABC's of Parenting in the Early Years

Attitude, Balance, Consistency Join other parents of children ages 0 to 6 years in learning more about: how we teach and learn from our kids, positive discipline approaches, solving and avoiding common power struggles, building positive behaviours and attitudes, parenting with patience and humour.

Starts January 11, 2010 -Monday from 6:30 to 8:00 pm
For more information or to register, contact Jennifer at (250)545-3572.

Parenting Wisely

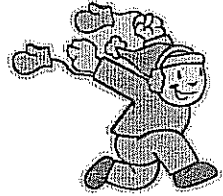
For Parents of Young Children 3-9 years

This is an interactive program that presents scenarios of parents and children dealing with typical family problems. We focus on strengthening family relationships by assisting parents in learning skills and attitudes that lead to more cooperation and respect.

Starts e January 28, 2010 Thursday from 6:30 to 8:30pm
To register contact Rob or Nadya at (250)545-3572.

January to March 2010

Parenting a Child with ADD/ADHD



Children with ADD/ADHD can be very sensitive and intelligent, and may also be impulsive, easily distracted and very unorganized. Parents of these children often feel confused and challenged by their children's behaviours. This 5 session program for parents of children with ADD/ADHD focuses on: exploring the diagnosis, identifying related behaviours, child development (both typical and ADD/ADHD), effective parenting and learning tools.

This program is for parents of children aged 4 to 12 years

Starts February 1, 2010 - Monday 6:30 to 8:30 pm
To register please contact Shelly at (250)545-3572 .

Parenting Our Tweens



For parents of children 9-13 year olds.

As our children grow and change, our ways of parenting may also need to change. This 5 session program offers parents of tweens (9-12 year olds) an opportunity to look at the needs of tweens and how to live with the ever shifting role of "parent", as your child progresses towards their teen years. We will focus on their development, normal and extreme risk taking behaviours, enhancing protective elements in our children's lives and creating strong relationships through good communication.

Starts Febraury 4, 2010 - Thursday 6:30 to 8:30 pm
Contact Stephanie or Jennifer at (250)545-3572 to register.

