

Attention Sunshine Coast Parents! The following classes will be offered this Fall 2018:

Circle of Security

(For parents of children 0 to 6)

Circle of Security™ Parenting gives you the opportunity to learn to:

- Strengthen your relationship with your child
- Recognize your child's needs and make sense of his or her behaviour
- Meet your child's needs by being bigger, stronger, wiser and kind

Gibsons Early Years Centre

Tuesdays, 5:00 – 6:30 pm, beginning Nov. 13

Tuesdays, 7:00 – 8:30 pm, beginning Nov. 13

(no child-minding for 7:00 class)

Sechelt Early Years Centre

9:00 to 10:30 am starting Wed. Nov. 14, then Mon.

Nov. 19, Wed. Nov. 28, then consistent Mondays

Dec. 3, 10, 17, Jan 14 and 21.

Wednesdays, 5:00 – 6:30 pm, beginning Nov. 14

Wednesdays, 7:00 – 8:30 pm, beginning Nov. 14

(no child-minding for 7:00 class)

Langdale Elementary (funded by Langdale PAC)

Tuesdays, 6:00 to 7:30 pm, Oct. 16 to Nov. 27

Happily Ever After

This 4-week class for adults gives information and tools on how to create a strong family unit where children thrive. It will show how couples satisfaction affects kids, how to fill your home with joy, ways to decrease relationship stress and get conversation back on track. Positive Discipline strategies will be integrated throughout.

Sechelt Early Years Centre

Thursdays, 5:30 to 7:00 pm, Nov. 8 to 29

Feeding with Love and Good Tastes

(For parents of young children)

In this workshop parents will learn (and try) a number of easy to prepare recipes and learn how to build a solid foundation around food. Everyone will go home with some new tools to make meal times pleasant and nourishing for everyone involved.

Sechelt Early Years Centre

Saturday, Nov. 3, 10:00 to 12:00 noon

Infant Massage

(For parents and infants 0 to 1)

Infant Massage is a traditional parenting practice that provides loving connection between parent and baby. It strengthens attachment, helps babies relax, sleep better, and calm themselves more easily. Parents attend with their infant.

Sunshine Coast Community Services Playroom

Fridays, 10:00 to 12:00 noon, Nov. 16 to Dec. 14

Parenting Teens

(For parents of children 10 and up)

This class will help parents to discover the importance of being the one their child comes to through the tricky teen-age years. Parents will explore their own reactions to teenage behaviors and will learn strategies to help them stay connected. This class will be based on attachment philosophies in sync with both Positive Discipline and Circle of Security teachings.

Chatelech Secondary (funded by DPAC)

Wednesdays, 6:00 to 8:00 pm, Nov. 7 to Dec. 12

Positive Discipline

(For parents of children 2 & up)

This 7-week class offers parents the long-term skills needed to encourage their children to think for themselves, become more responsible, and have greater respect for themselves and others. The teachings of Positive Discipline are filled with non-punitive, respectful tools that incorporate both kindness and firmness, help parents get to the core of their child's misbehavior, and bring more joy into the home.

Sechelt Early Years Centre

Wednesdays, 10:45 – 12:45 pm, Nov. 7 to Dec. 19

Limited child-minding will be offered at no cost with the exception of Infant Massage, Parenting Teens or if otherwise indicated
Registration begins Sept. 10, please call the CCRR at 604-885-5657 or email coastccrr@sccss.ca to avoid disappointment

