



Parent Seminar Series

The “SOS” Parenting Toolbox: Strength. Optimism. Strategies

The Hincks-Dellcrest Centre - Gail Appel Institute is presenting a series of seminars that will offer practical skills to promote children's well-being and improve the lives of families.

Who Should Attend:

Parents, grandparents, guardians, teachers, child development professionals and others who can help children grow.

Registration (available soon):

Registration will be available shortly at www.hincksdellcrest.org/INSTITUTE

Admission: \$20.00

Location:

To be announced, downtown Toronto

Agenda:

6:30 PM - 7:00 PM: Doors open/registration

7:00 PM - 8:30 PM: Presentation

8:30 PM - 9:00 PM: Networking and book signing

For more information please call us at (416) 924-1164 x8707 or check our website for updates by visiting www.hincksdellcrest.org/INSTITUTE

SAVE THESE DATES!

October 1st, 2014

Loving Children When They Most Need You: Constructive Parenting Strategies to Respond to Anger, Anxiety, Sadness and Common Socio-emotional Struggles of Childhood

Marie Nathalie Beaudoin PhD

Many parents feel that their children could improve, especially when it comes to handling upset feelings or relationship struggles. Aside from telling kids what to do or giving consequences, which often doesn't work with intense feelings, parents frequently wonder how else to handle situations and help their children develop important socio-emotional skills. Based on cutting edge brain research, this entertaining presentation will describe very concrete and novel ways, parents can contribute to their children developing their very best skills and optimize their abilities to handle the common unexpected disappointments of life.



January 29th, 2015

***Understanding and Supporting Children with
Obsessive-Compulsive Spectrum Disorders***

David Tolin PhD

This presentation will help to familiarize parents with obsessive-compulsive spectrum disorders, a category of psychiatric disorders that includes Obsessive-Compulsive Disorder, Body Dysmorphic Disorder, Trichotillomania, and Skin Picking Disorder. Other conditions, such as Pathological Gambling and Compulsive Buying, are also considered by many to be part of this spectrum. In this presentation, Dr. Tolin will explain the early signs of obsessive-compulsive spectrum disorders, what we know about why these disorders persist, and some of the strategies and treatments that have been shown to be effective.



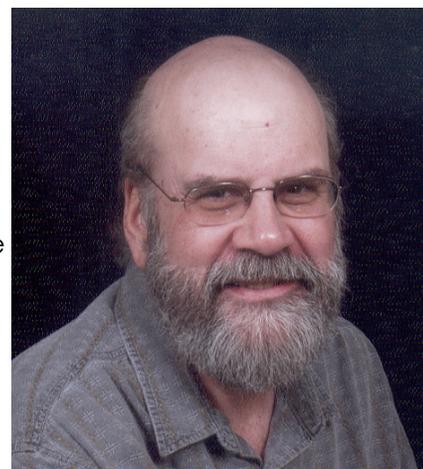
February 11th, 2015

***Stop the Backtalk:
Five Steps to Stopping Disrespect in Teens and Pre-teens***

Jerome Price MA, LMSW, LMFT

One of the most common problems that parents come to us with is children who are disrespectful. They talk back, tell parents how it will be rather than ask, outright refuse to do things when directed and some may go so far as to call their parents names or swear at them. If a parent says NO, that is the beginning of a rapidly escalating debate or argument.

How do you get it back to where a parent saying NO means the conversation is over, rather than it meaning that the argument has just begun? This talk will provide a wealth of useful tips for taking charge of the interactions in your family and re-establishing your authority as a parent.



March 25th, 2015

Strengthened by the Storm

Ann Douglas, Award Winning Author/Journalist

Coping strategies for parents who have a child who is struggling with a mental, neurodevelopmental, or behavioural challenge. Topics to be discussed include self-care, self-compassion, creating your own support network, and lifestyle matters (nutrition, fitness, sleep, stress management, and making time for fun).

This presentation is based on interviews with more than 50 parents who have walked this walk and who are eager to share their best advice with other parents. These interviews formed the basis for Ann's forthcoming book (Harper Collins Canada, January 2015) on this topic.

