

Parenting Courses/workshops available to Cowichan Valley families

Name and website	Description	Cost	Delivery
Confident Parents: Thriving Kids 2 program offerings – Behaviour and Anxiety https://welcome.cmhacptk.ca/	Families with children aged 3 - 12 with mild to moderate behavioural problems or anxiety. Must be able to commit to a minimum of six weekly, 50-minute telephone coaching sessions.	Free – Look at website for referral process	Individual weekly telephone coaching
Circle of Security Parenting (facilitated by Sundrops staff) https://www.circleofsecurityinternational.com	<p>The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.</p> <p>Trained Facilitators work with parents and care-givers to help them to:</p> <p>Understand their child’s emotional world by learning to read emotional needs</p> <p>Support their child’s ability to successfully manage emotions</p> <p>Enhance the development of their child's self esteem</p> <p>Honor the innate wisdom and desire for their child to be secure</p>	\$25 for 8 classes.	Stay up to date on future sessions by emailing you contact info to Susie Peterson: speterson@clementscentre.org Video and Discussion based Group class
Triple P Parenting Program (Positive Parenting Program) https://www.triplep-parenting.ca/can-en/about-triple-p/positive-parenting-program/	<p>“Triple P is a parenting program, but it doesn’t tell you how to be a parent. It’s more like a toolbox of ideas.</p> <p>Triple P helps you:</p> <ul style="list-style-type: none"> • Raise happy, confident kids • Manage misbehaviour so everyone in the family enjoys life more 	Free	Call 250 709 3050 for more information about registration

	<ul style="list-style-type: none"> • Set rules and routines that everyone respects and follows • Encourage behaviour you like • Take care of yourself as a parent • Feel confident you're doing the right thing" 		
<p>Online Parenting Programs</p> <p>https://shop.bccf.ca/catalogue/category/training/parent_3/</p>	Variety of courses available for parent of children 0 – 18yrs.	\$105 - \$185 for 10 month course	Online See website for dates
<p>Supported Parenting Workshop</p> <p>www.Cvrd.bc.ca</p>	"Will provide information on family dynamics, parenting styles, co-parenting, managing behaviours, attachment, screen time, peer orientation and tools for parents and caregivers on how to navigate some of these challenging waters...apportion of the session will be dedicated to open discussion"	\$30 for 3 sessions	Check current Cowichan Valley Recreation Guide for course offerings
<p>Local Study Groups with Diane Dous, trained facilitator of the Neufeld Institute</p>	<p>Book study of Rest, Play, Grow by Deborah Macnamara http://macnamara.ca/rest-play-grow-making-sense-of-preschoolers/</p> <p>8 session video course - Power to Parent course by Gordon Neufeld https://neufeldinstitute.org/course/power-to-parent-i-the-vital-connection/</p>	Varies	<p>Runs various sessions throughout the year</p> <p>Contact Diane Dous for more info at ddous@shaw.ca</p>
<p>Family Capacity Program – Canadian Mental Health Association funded through MCFD</p> <p>https://cowichanvalley.cmha.bc.ca/family-capacity-program/</p>	<p>From website:</p> <p>"The Family Capacity Program's goal is to promote a healthy family environment for children to grow and mature into healthy adults. We support parents through a process of skill building in areas of consistency, structure and communication to enhance</p>	Free	Call (250) 746-5521 for more info and to book an intake visit

	<p>healthy relationships with their children. This is matched with education on the developmental, emotional and attachment needs of children. Gaining this knowledge provides the parent with an understanding of “Why do they do that?” and to apply various skills.</p> <p>Our work is to support parents be the best they can for their children.</p> <p>Providing skill building and knowledge in:</p> <ul style="list-style-type: none"> • Assertive parenting skills • Positive Communication • Managing anger and defiance • Promoting positive behaviours • Understanding of misbehaviours • Developmental needs • Understanding of ADHD and Anxiety • Parenting as team work • Shared parenting due to separation and divorce • Conflict resolution • Building positive relationships” 		
<p>Discipline Without Damage: The Online Course By Dr. Vanessa LaPointe</p> <p>https://drvanessalapointe.teachable.com/</p>	<p>“Grow yourself as you grow your children. Online self-paced courses designed to fit your lifestyle while guiding you through reflection and challenges. Dig into discipline, connection, relationship, child development and more!”</p>	<p>\$160</p>	<p>Self-Paced Online</p>