



## Parent Support and Education Series Fall 2019

### **Title: Adolescence**

Facilitated by: Pam Tobin

**WHEN: Tuesday, October 8<sup>th</sup>**

6:30 pm - 8:30 pm

COST: \$20.00

#### About the Workshop:

Growing into our maturity or crossing the bridge from childhood to adulthood is a naturally turbulent, often confusing, and challenging transition. It can also be a very misunderstood passage, both by the adolescent and the adults in their care. For this reason, many are not making the voyage across, and are facing the consequences of this arrested maturity. Join us to discuss how we can equip our teens (and ourselves) to support and trust the developmental process that was meant to deliver them to their full potential.

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### **Title: Challenging Behaviors**

Facilitated by: Debbie Cybulski

**WHEN: Monday, October 28<sup>th</sup>**

6:30 pm - 8:30 pm

COST: \$20.00

#### About the Workshop:

Parents and care providers are reporting increased frustration, stress, aggression and other related challenges that are well documented in our children and youth, but not well understood. And, adult direction, teaching or intervention seem to have little effect or can even make matters worse. Care providers are invited to join us and share their experiences, as we gain insight into the root causes of many challenging behaviors and develop an understanding of how we can help children to grow out of these behaviors.

While temper tantrums are part and parcel of the growing up developmental process, for many reasons, some children can experience intense emotional reactions (at any age) that leave adults bewildered, triggered, frustrated or questioning what to do. Often, typical strategies do not seem to have an effect and in many cases, make the situation worse. This workshop will explore the roots of aggression, how self control and impulse control are developed and how we can assist the developmental process.



## Parent Support and Education Series Fall 2019

**Title: Common Challenges: Worry, Stress and Anxiety**

Facilitated by: TBD

**WHEN: Tuesday, November 12<sup>th</sup>**

6:30 pm -8:30 pm

COST: \$20

About the Workshop: There is an increase in children, at younger ages, being referred to mental health professionals for anxiety related problems. This workshop will look at anxiety through a developmental lens and explore how adults can help children to prevent or reduce the impact of anxiety disorders and increase resilience.

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**Title: Common Challenges: Aggression and Self Control**

Facilitated by: TBD

**WHEN: Tuesday, December 10<sup>th</sup>**

6:30 pm - 8:30 pm

COST: \$20.00

About the Workshop: While temper tantrums are part and parcel of the growing up developmental process, for many reasons, some children can experience intense emotional reactions (at any age) that leave adults bewildered, triggered, frustrated or questioning what to do. Often, typical strategies do not seem to have an effect and in many cases, make the situation worse. This workshop will explore the roots of aggression, how self control and impulse control are developed and how we can assist the developmental process.



**Title: Alpha Children**

Facilitated by: Debbie Cybulski, RSW

**WHEN: Saturday, November 23<sup>rd</sup>**

9 AM – 3:30 PM

COST: \$120.00

About the Workshop:

A growing number of children (and youth) are presenting as demanding, prescriptive, bossy and controlling. They are unable to follow the lead or direction of adult care providers. Alpha children can be challenging to manage and, by their nature, are more likely to present with troubling behaviour. This is making the child-adult dance much more difficult than it used to be or needs to be, despite the plethora of advice-giving and strategies available today. Internationally renowned developmental psychologist Dr. Neufeld uncovers the surprising roots of the alpha complex and in doing so, opens the doors for lasting change: in the family, in care settings, in the classroom and in society.

This video-course has been developed by internationally renowned developmental psychologist Dr. Gordon Neufeld, a best-selling and award-winning author. His revolutionary yet scientific approach turns parenting right-side up, restoring natural intuition to parenting and putting parents back in the driver's seat. His book, Hold On To Your Kids is causing an international stir and is now available in eight languages. This video-course takes the best that science has to offer and renders it readily accessible to parents and care providers of children of all ages. Dr. Neufeld's approach has won powerful endorsements from such luminaries as Dr. Daniel Siegel, Dr. Mary Pipher, Raffi, Dr. Peter Levine and Robert Bly.

For information about Dr. Neufeld or his approach visit his website: [www.neufeldinstitute.com](http://www.neufeldinstitute.com)

**For more information: Please email [info@ldasvi.bc.ca](mailto:info@ldasvi.bc.ca)**

**For ALL workshops: Please register online at [www.ldasvi.bc.ca](http://www.ldasvi.bc.ca) or follow the link below:**

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