



Durham Behaviour Management Services

Winter – Spring 2022 parent workshops

To register for workshops

Email behaviourmanagement@durham.ca or call 905-668-4113 ext. 2929.

All workshops will be online using Microsoft Teams. Participants will be sent the link for the sessions via email along with handouts.

Understanding Your Child's Behaviour

Tuesday, January 18, 2022

1:00 to 3:30 p.m.

Presented by Bonita Zulauf and Yasmin Safir

In this workshop you will learn what things influence behaviour, the impact of prevention strategies to decrease challenging behaviours, and when behaviours require intervention.

The session will be run using Microsoft Teams. Participants will be sent the link for the session via email along with handouts.

Working Through Anxiety in Children and Caregivers

What is anxiety? How does it present in children?

What are some ways we can support those we love who may be anxious?

Wednesday, February 16, 2022

6:30 to 8:30 p.m.

Presented by Jolena Oldfield and Seetha Abeyesekera

In this workshop we will discuss how anxiety is different from worry and the ways that anxiety and worry may present in children's behaviour. We will look at strategies recommended to manage and support worry and anxiety. We will touch on what anxiety looks like for parents/caregivers; discuss methods to manage anxiety, as well as strategies to begin implementing immediately. A list of current community resources will also be provided.

The session will be run using Microsoft Teams. Participants will be sent the link for the session via email along with handouts.

Behaviour Talk

Wednesday, March 2, 2022

6:30 to 9:00 p.m.

Presented by Heidi Perryman and Jennifer Watts

Here's your chance to get some of those common behaviour questions answered. We are excited to offer this opportunity to have as many of your questions answered as possible. We will have two behaviour consultants available during this session to answer questions such as, why does my child not go to sleep? Why is my child not listening to me? We encourage you to submit questions before the event as well as through the chat during the presentation. You can email your questions to:

behaviourmanagement@durham.ca

The session will be run using Microsoft Teams. Participants will be sent the link for the session via email along with handouts.

Distractible Child

Tuesday, May 3, 10, 17, 31, 2022

6:30 to 9:00 p.m.

Presented by Therecia Tross and Meagan Burke

This four-part series will explore the underlying reasons for distractible behaviour. The focus will be on a variety of positive prevention strategies, and teaching attention and impulse control, as well as intervention techniques and strategies to use when the challenging behaviour occurs.

The session will be run using Microsoft Teams. Participants will be sent the link for the session via email along with handouts.

EarlyON Child and Family Centre

Do you have a child who is six years of age or younger?

Join other parents and children at EarlyON's virtual programming to laugh, learn and grow. Durham Behaviour Management Services is collaborating with Durham EarlyON to offer learning opportunities, behaviour tips and Q&A sessions to parents. To view the program calendar, visit durham.ca/EarlyON.
