



**Family Education Centre**  
Parent Information and Support

**4 Sir Lou Drive, Suite 102, Brampton ON L6Y 4J7**

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## **PARENTING COURSES**

**February to June 2010**

The Family Education Centre is a non-profit, charitable organization striving to enrich the quality of life for families through community-based, parent-to-parent education, support and training. The following parenting courses are being offered at Central Public School, Recreation and Arts Centre (**CPS**), 24 Alexander St., Brampton L6W 1M7, and Family Education Centre (**FEC**). The cost is \$189.00 per person unless otherwise specified. A text, approximately \$25.00 (cost is not included in the registration fee) is a necessary component of most parenting courses and may be purchased the first night of instruction. For information and to pre-register, please call the Family Education Centre at 905-452-0332, Ext. 226. For more information, please go to our web site at [www.familyedcentre.org](http://www.familyedcentre.org). Our administrative office is at 4 Sir Lou Drive, Suite 102, Brampton ON L6Y 4J7. *Payment by VISA is now available. **Subsidy is available; please inquire.***

### **PARENTING YOUNG CHILDREN**

(For parents of children ages 1 through 5)

**7:00 - 9:00 p.m. for 8 weeks**

Explore how a child's personality, social skills, belief systems and lifestyle develop. Learn the purpose of misbehaviour and how to deal with it. Learn ways to handle crying, temper tantrums, jealousy and public misbehaviour.

**Wednesday, February 3 – March 31/10 (CPS)**

**Tuesday, April 13 – June 1/10 (CPS)**

### **HOW TO TALK SO KIDS WILL LISTEN**

(For parents of children ages 3-12)

**7:00 – 9:00 p.m. for 8 weeks**

A practical approach to help parents: improve listening skills; help children deal with their feelings, engage co-operation. Learn alternatives to punishment, how to encourage responsibility and communicate with your kids. *(Based on the popular book "How to Talk So Kids Will Listen and Listen So Kids Will Talk")*

**Wednesday, April 21 – June 9/10 (FEC)**

### **RAISING RESPONSIBLE CHILDREN**

(For parents of children ages 6 - 11)

**7:00 – 9:00 p.m. for 8 weeks**

Create more satisfying, productive relationships with your children. Learn practical discipline methods, guidelines for building self-esteem, better family communication, and much more!

**Monday, February 22 – April 26/10 (FEC)**