



North Okanagan Youth & Family Services Society

# 2022

To register for any of the groups please contact NOYFSS at 250-545-3572 or [groups@noyfss.org](mailto:groups@noyfss.org)

## PARENT-TEEN CONFLICT GROUP

January 19 to March 9, 2022 (8 weeks • Wednesdays)

A skill-building group for the parents of teenagers who are having a high degree of conflict between parent and teen. This group helps parents cope with the challenging behaviors of their teenagers. There is also an ongoing support group for parents who have completed the program.

## MANAGING CONFLICT IN THE FAMILY

Couples: January 20 to February 24, 2022 (Thursdays)

Men: February 8 to March 15, 2022 (Tuesdays)

Women: April 26 to May 31, 2022 (Tuesdays)

Couples: June 1 to July 6, 2022 (Thursdays)

Conflict and anger are normal parts of family relationships at times. This program provides information, skills, and practice for parents wanting to decrease conflict in their home. We will focus on managing our own anger, understanding our children's anger, learning and practicing communication skills and resolving conflict.

## ACTIVE PARENTING—THE FIRST 5 YEARS

February 22 to March 10, 2022

(4 weeks • ages 0-5 • Tuesdays)

Your child's first few years are so important! Explore the joys and struggles of parenting children ages 0-5. Here is what you'll learn: What a baby's cry means, ages and stages of development, building a strong bond, your child's growing brain, using mindfulness to keep your cool, choices and consequences and much more!

## SUCCESSFUL CO-PARENTING—PUTTING KIDS FIRST

February 3 to March 10, 2022 (6 weeks • Thursdays)

Successful Co-Parenting: Putting kids first helps parents explore their child(ren)'s needs during the transition period associated with separation and divorce, and assists the parents in examining the ways their parenting choices affect their child(ren). The program is not therapy-based, but rather educational, offering skills, strategies, resources and support for participants who are in the process of separation or divorce.

## CONNECT PARENT

April 14 to June 16, 2022 (10 weeks • Thursdays)

Do you have pre-teens whose issues make it difficult to do well at home, at school and/or in the community? Through Connect Parent, parents will gain new knowledge about attachment: how needs are expressed, and the importance of attachment to your child's development. Learn to recognize and manage feelings and reactions, and respond in ways that clearly sets limits and expectations.

## PARENTING A CHILD WITH ADHD

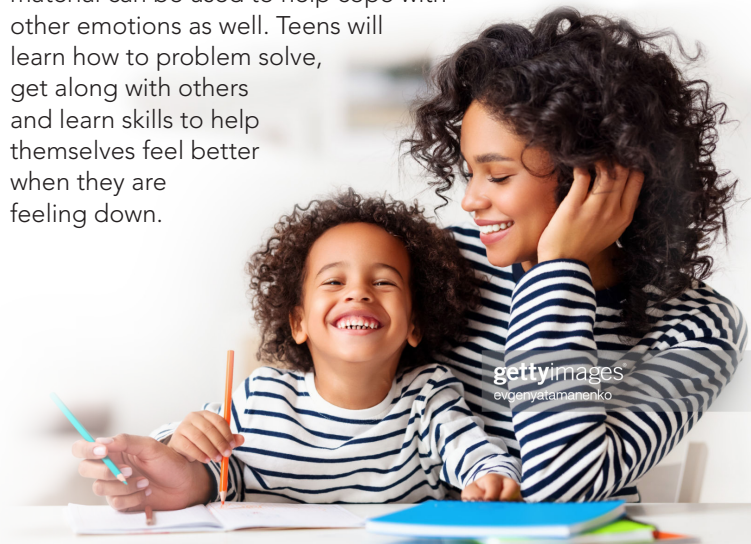
May 2022 to TBA (6 weeks • ages 4 to 12 • Thursdays)

Children with ADHD may be sensitive and intelligent, but they may also be impulsive, easily distracted and unorganized. Parents of children with this disorder often feel confused and challenged by their children's behaviors and reactions. This group is for parents (of children 4 - 12 years) and allows parents to explore the diagnosis of ADHD, review typical vs. ADHD behaviors, learn about development and behaviors, learn effective parenting tools and learn helpful strategies for success at school.

## ACE—ADOLESCENTS COPING WITH EMOTIONS

Spring 2022 (8 weeks • Tuesdays)

A group to help teens aged 14 to 16 develop skills to cope with difficult situations. ACE is particularly helpful for teens experiencing symptoms of depression, although the material can be used to help cope with other emotions as well. Teens will learn how to problem solve, get along with others and learn skills to help themselves feel better when they are feeling down.



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