



Caring Family Communication Skill Practice Course

Suitable for **graduates** of communication-based parenting courses such as *How to Talk so Kids Will Listen*, *P.E.T. Parent Effectiveness Training*, *Terrific Toddlers*, *Positive Discipline*, *Non-Violent Communication*, and *Gordon Neufeld Training*. If you are not a graduate, come anyways and we will catch you up!

"I just wanted to say thank you so much for the class. I will be attending the next one you have. The knowledge you have given me and the extra skills are priceless and I have started implementing them and will continue to use them and grow with them in both my sons life and everyday life." Lynn, 2014 class participant

The following concepts will be practiced:

Week One

The parenting style axis and the difference between collaborative and authoritative parenting. Understanding how to parent without time-outs, consequences and other punishments.

Anger management - 3 simple steps to creating calmness.

Who owns the problem? Determining which skill to use.

Skill practice in I-Messages - When, where and when not to.

Week Two

Skill practice in Active Listening - When, where and when not to.

Week Three

Shifting Gears - The art of skillfully disarming an angry person.

Skill practice in Problem-Solving.

Week Four

Sibling and Child Fighting - When to intervene, how to calm everyone, and how to negotiate sibling and classroom conflicts.

Skill practice with scenarios of problem areas.

Skill practice in managing value collisions.

Date: Wednesdays, September 27th, and October 4th, (no class Oct 11 and 18) October 25, and November 1, 2017.

Time: 6:00 – 8:00 p.m. (Feel free to bring your dinner)

Cost: \$167.00 per person including all materials. \$267.00 per couple

Location: Banbury Crossroads School 201-2451 Dieppe Ave SW, Calgary

Register: <http://www.professionalparenting.ca/schedule.html>

Instructor: Judy Arnall, BA, CCFE Certified Family Life Educator