

## Upcoming Parent Education Sessions

Date & Time	Location	Details	Cost & Contact
Fri, Feb 6th at 6pm Sun, Feb 7 at 1pm	Coast Capri Hotel 1171 Harvey Avenue	Dr. Clifford Saron Ph.D. Exploring Meditation and Mindfulness as it relates to Community Well-Being and Families Living with Autism. <i>No person shall be turned away for lack of funds. All sessions qualify for reimbursement from the Autism Funding Unit.</i> Registration Ends December 12th online via eventbrite	<a href="http://www.eventbrite.ca/e/dr-clifford-saron-phd-exploring-meditation-and-mindfulness-as-it-relates-to-community-well-being-tickets-19430860226">http://www.eventbrite.ca/e/dr-clifford-saron-phd-exploring-meditation-and-mindfulness-as-it-relates-to-community-well-being-tickets-19430860226</a>
February 11 7-9pm	1040 Hollywood Road South (Hollywood Road Educational Services)	BC's K-12 curriculum redesign and how School District 23 is responding to the changes. Maureen Dockendorf and Jan Unwin from the Ministry of Education will be coming to present to us some of the work that's gone on in the entire province, and what's to come. <b>FREE</b> , but Registration is requested as space is limited ->	<a href="https://www.eventbrite.ca/e/bcs-k-12-curriculum-redesign-and-how-sd23-is-responding-to-change-tickets-20912206974?utm-medium=discovery&amp;utm-campaign=social&amp;utm-content=attendeeshare&amp;aff=esfb&amp;utm-source=fb&amp;utm-term=listing">https://www.eventbrite.ca/e/bcs-k-12-curriculum-redesign-and-how-sd23-is-responding-to-change-tickets-20912206974?utm-medium=discovery&amp;utm-campaign=social&amp;utm-content=attendeeshare&amp;aff=esfb&amp;utm-source=fb&amp;utm-term=listing</a>
February 18 6:00-8:30pm	355 Hartman Rd Rutland-Okanagan Boys and Girls Club	<i>Supporting Our Families</i> – <b>Paying Attention: Relationship or Behaviour? Talking to Youth About Substance Use.</b> <b>FREE</b> , but Registration is requested as space is limited ->	<a href="http://cmhkelowna.com/event/supporting-our-families-paying-attention-relationship-or-behaviour/">http://cmhkelowna.com/event/supporting-our-families-paying-attention-relationship-or-behaviour/</a>
February 23 6:30-7:30pm	Raymer- Library 657 Raymer Ave	RAYMER PAC Hosts BCTF Parent Presentation: <b>Anti-Bullying</b> <b>FREE</b> For detailed description under parent presentations: www.bctf.ca	<a href="mailto:raymerpac@gmail.com">raymerpac@gmail.com</a>
February 25 & 26, 2016 9:00am – 4:30pm	KPMG Office Building, Kelowna	<b>Mental Health First Aid (MHFA)</b> shares the same overall purposes as traditional first aid – to save lives. Created by the <a href="#">Mental Health Commission of Canada</a> and delivered by experienced, professional, and engaging facilitators from CMHA Kelowna, MHFA includes: Explanations of mental health, mental illness and mental health problems * Signs and symptoms of common mental health problems and crisis situations * Information about effective interventions and treatments * Ways to access professional help. \$150 for the 2 day course; <i>Student, volunteer, and group rates may be available.</i>	<a href="https://cmhakb.z2systems.com/np/clients/cmhakb/eventRegistration.jsp?event=44&amp;">https://cmhakb.z2systems.com/np/clients/cmhakb/eventRegistration.jsp?event=44&amp;</a>
March 9 6-8:30pm	1434 Graham St Kelowna-Okanagan Boys and Girls Club	<i>Supporting Our Families</i> – <b>Resiliency: Building a Bounce-Back Teen</b> <b>FREE</b> , but Registration is requested as space is limited ->	<a href="http://cmhkelowna.com/event/supporting-our-families-resiliency-building-a-bounce-back-teen/">http://cmhkelowna.com/event/supporting-our-families-resiliency-building-a-bounce-back-teen/</a>
March 11 6:30-7:30pm	Raymer- Library 657 Raymer Ave	RAYMER PAC Hosts BCTF Parent Presentation: <b>Supporting Our Childs Learning</b> <b>FREE</b> For detailed description under parent presentations: www.bctf.ca	<a href="mailto:raymerpac@gmail.com">raymerpac@gmail.com</a>
Ongoing/Varies	Hollywood Road Education Services	Courses through SD23	<a href="https://ereg.sd23.bc.ca/">https://ereg.sd23.bc.ca/</a>
	Varies	Pro-D Sessions through Central Okanagan Teachers Association are often open to parents as well.	<a href="http://www.mycota.ca/conferences/october-pro-d.html">http://www.mycota.ca/conferences/october-pro-d.html</a>
Varies	Varies	<b>Various Topics - Various Ages:</b> Siblings Without Rivalry; 1,2,3,4 Parents!; Positive Discipline	<a href="http://www.thebridgeservices.ca">http://www.thebridgeservices.ca</a>

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	Online webcast series	"In The Know" The FORCE Society for Kid's Mental Health Webcast Series. Topics vary.	<a href="http://mediasite.phsa.ca/Mediasite/Catalog/FuII/eff099bdd6c546c484c839e6b24498c921">http://mediasite.phsa.ca/Mediasite/Catalog/FuII/eff099bdd6c546c484c839e6b24498c921</a>
	Online videos / resources	The online <b>BC Friends for Life Parent Program</b> was developed for parents by parents in partnership with the FORCE Society For Kids' Mental Health and the BC Ministry of Children and Family Development. Our goal is to educate parents about the FRIENDS program that is being delivered in BC classrooms and equipping them with parent-friendly tools and information to practice FRIENDS together at home.	<a href="http://www.friendsparentprogram.com/">http://www.friendsparentprogram.com/</a>
	K.I.P. Presentations Online	<b>Knowledge is Power</b> is a series of free public education forums that focus on a variety of child and youth mental health topics like Anxiety, Depression, ADHD, Eating disorders and Bullying.	<a href="http://cmhakelowna.com/self-help-tools/">http://cmhakelowna.com/self-help-tools/</a>
Various	Online	Courses offered online through the Neufeld Institute include Power to Parent, Making Sense of Aggression, Making Sense of Adolescence, Making Sense of Kids, Heart Matters: The Science of Emotion, How to Stay Close When Apart, Making Sense of Anxiety, and more.	<a href="http://neufeldinstitute.com/events/events/region/wb">http://neufeldinstitute.com/events/events/region/wb</a>
Various	#204-347 Leon Ave	Group programs through Kelowna Family Services include Parenting Wisely, Children and Change, Finding our Voices, Reaching Women 50+, Men's Drop-In Group (Stress and Anger), Men's Drop-In group (Relationships), Lowering Anxiety Through Self-Regulation: A Course For Children	There are no fees for our group services but you may be asked to pay a nominal fee for materials.
Various dates and times	Varies	<b>Various topics - Various Ages</b> The ZONE; Nurturing Fathers, First Step, Self Help Opportunities for Parents, Parenting Through Recovery	<a href="http://www.Buildinghealthyfamilies.ca">www.Buildinghealthyfamilies.ca</a>
Mondays 10 AM-Noon	Downtown Kelowna	Grandparents raising Grandchildren (open to all relatives raising a family members child) Support Circle. To register call the GRG support line at 1-855-474-9777	Free
Tuesday's 9-11 AM and 1-3 PM	204-260 Harvey Avenue	Child and Youth Mental Health Intake Clinics for Families. No appointments required for first time visitors.	Free.
<u>Monthly Support Group</u> Last Wednesday of the month	1369 Richter Street	<b>Monthly Discussion and Support Group</b> for parents of children with Autism Spectrum Disorders and other developmental or learning disabilities	FREE: Contact: erin.steppingstones@gmail.com