



## It Takes a Village - Parent Conference

### Session Descriptions

Session	Description
<b>Keynote: Recharge, Refuel, and Rejuvenate Your Mind, Body, and Soul</b> (Open to everyone)	Do you take care of yourself? Most of us will answer yes- of course, we take care of ourselves. But in what ways do you take care of yourself that makes you feel good after instead of feeling like something you HAVE to do? Self-care is when we deliberately do something that refuels us and is the key to living a balanced life. In this session, you will learn simple tips to self-care for a healthy mind, body, and soul.
<b>Resource Fair</b> (Open to everyone)	Take a walk through the resource fair and learn more about local services for promoting and supporting well-being, mental health, and healthy relationships.
<b>Panel Discussion</b> (Open to everyone)	This hour long panel session is open for all participants to attend. Join our panelists for an interactive discussion about topics that you – the participants choose. Throughout the conference you will be connected to an app that allows you to ask anonymous questions about all things: parenting, mental health, navigating the system, school, nutrition, etc. Our six panelists are professionals in these fields and will discuss your questions live because chances are if you have a question to ask then others are wondering the same thing as you.
<b>Dealing With Disobedience</b>  	<p>Have you ever asked yourself: Why don't my children do as they're told? How can I prevent it? Or how will they learn their limits? If you are thinking yes then join us for this two hour session where we will explore disobedient behaviors in children.</p> <p>Through a series of discussions, videos, and exercises we will provide examples of common forms of disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, teach their child limits, and also to manage disobedience when necessary.</p>
<b>Strengthening Families through Play</b>  	<p>Play is important for the physical, cognitive, emotional, and social development of children ages 0 to 10 years. This interactive workshop will provide you with tools to strengthen the bond you have with your child through play. A strong bond and relationship with your child leads to reduced stress and behaviour problems.</p>



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<p><b>Strengthening Your Parent-Child Relationship</b></p> <p>- Danyelle Lynch a M.Sc. Registered Provisional Psychologist</p>	<p>Parenting can feel like you are navigating through a mine field. There is so much parenting advice circulating, that all seems to say the opposite of one another. How do you navigate all of this advice and find the parenting strategies that will be the most effective for your child?</p> <p>In this two hour session, Danyelle Lynch a M.Sc. Registered Provisional Psychologist will help you better understand how your child’s attachment style, temperament, and personality can be considered and integrated into child-specific parenting strategies. As she builds off of The 5 Love Languages presentation, you will learn how to ensure that your child feels loved and connected to you, that your child’s attachment needs are being met, and how to best approach discipline taking into account your child’s needs, temperament, and personality.</p>
<p><b>Cyberworld</b></p> 	<p>An internet awareness presentation for adults to bring them up to speed on what’s happening in the online world. We cover the pros and cons of the most popular social media apps, the importance of privacy settings, parental control options, online bullying, sexting, and more. We also spend time discussing teen brain development and how this influences their online decisions. This presentation can be done in an hour, but discussion usually takes it closer to two hours.</p>
<p><b>Kids Have Stress Too</b></p> 	<p>Adults aren’t the only ones who feel stressed. Kids do too. Some stress is normal but too much stress is unhealthy for adults and children. The good news is that even very young children can learn to manage their own stress. The younger they learn the better!</p> <p>In this two hour session, you will be given the opportunity to better understand childhood stress. We will talk about where this stress can come from as well as some of the signs and symptoms a child experiencing stress may display. You will leave this session with strategies that can help to provide children with the tools to deal with stress in an effective and healthy way.</p>



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<p><b>Nutritious and Delicious Muffins</b></p> 	<p>In this hands on cooking class, you will learn how to make quick and easy snacks for a family on a budget.</p>
<p><b>Conversations with Teens: Tough Stuff Edition</b></p> 	<p>The teenage years are filled with change for both parents/caregiver and their teens. Not only are teenagers growing and changing physically but they are also developing a stronger sense of identity, becoming more independent, and taking on more responsibilities. The teenage years bring on a lot of change which can lead to vulnerability, that's why it is so important to have supportive parents/caregiver surrounding them.</p> <p>Join Lindsay and Debra from the Boys and Girls Club in this two hour session adapted from the Fourth R Healthy Relationship Plus Program for an opportunity to learn how to have conversations with your teenagers about some of life's tougher subjects. From dating violence and assertive communication to positive mental health and substance use, we will leave you with more knowledge on the up's and down's of teenage years so you are comfortable having all types of conversations. Also hear what teens are sharing and experiencing about these topics in the Fourth R program. You might just be surprised as to what they know and wish you knew too.</p>
<p><b>The Power of Positive Parenting</b></p> 	<p>Children of all ages need a safe, secure, and loving environment to do well. Positive parenting is an effective approach to raising children that emphasis the positive. It involves creating a family environment that is loving, supportive, and predictable. This is important in raising healthy, well-adjusted children who have the skills and confidence they need to succeed at school and in their relationships with others.</p> <p>Parenting can be demanding, frustrating, and exhausting. Join us for this two hour seminar where we will share with you how positive parenting practice reduces the stress of parenting and helps to make the parenting process more rewarding and enjoyable for yourself and your children.</p>



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