



Children's Developmental & Behavioural Supports

Fall 2024 parent workshops.

To register for workshops

Email behaviouralsupports@durham.ca or call 905-668-4113 ext. 2829.

- In-person sessions will be held at 605 Rossland Road E, Whitby (corner of Rossland Road E and Garden Street)
- Virtual sessions will be run using Microsoft Teams. Participants will be sent the link to join the sessions via email along with handouts.

Understanding Your Child's Behaviour

Tuesday, October 8, 2024

6:30 to 8:00 pm

Presented by Nellany Christy and Lauren Jefferson

In this workshop you will learn what factors influence behaviour, the impact of prevention strategies to decrease challenging behaviours, and when behaviours require intervention. You will learn how your behaviour as caregivers has direct influence over your child's behaviour.

Please Note: This session will be run using Microsoft Teams. Participants will be sent the link to join the session via email along with handouts.

Taming Temper Tantrums,

Strategies For Managing And Mitigating Meltdowns

Tuesday, November 5, 2024

6:30 to 8:30 pm

Location: 605 Rossland Road E, Whitby – Room 1B

Main floor – Regional Municipality of Durham building

Presented by Ashley Brock & Seetha Abeyesekera

This workshop will equip caregivers with effective strategies and techniques for understanding behaviour and managing their child's temper tantrums. Specifically, participants will learn how to implement prevention strategies, teach their child new skills, and ensure safety during challenging behaviours. Participants will also learn how to identify triggers, understand the reasoning behind behaviours and praise positive behaviours effectively.

Please note: This is an in-person workshop with limited capacity.

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Come With Me, Transitions And Routines.

Thursday, November 14, 2024

6:30 pm to 8:30 pm.

Location: 605 Rossland Road E, Whitby – Room 1A

Main floor – Regional Municipality of Durham building

Presented by Bonita Zulauf and Lynne Wojnarowski

Does your child have challenges with transitions and routines? Do you feel your child does not do what you ask? Learn how to effectively use strategies to support successful transitions and routines. You will learn how to:

- set expectations.
- implement transition warnings.
- give effective instructions.
- use visuals.
- implement the steps, reinforce successful transitions and routines.

You will have the opportunity to make and take a visual strategy to use with your child for transitions and routines.

Please Note

This is an in-person workshop with limited capacity.

Things you need to know.

- The workshops are for adults only.
- We do not provide child minding.
- We are located at 605 Rossland Road E, Whitby, corner of Rossland Rd and Garden St.
- To access the building after 5 p.m. use the west entrance.
- You must register for workshops.
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