



Darlene Denis-Friske BA[Psych], CYW, CYC(Cert.)

Child & Youth Work / Parent Consultation
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Darlene Denis-Friske: Workshops and Presentations Scheduled for 2011 - 2012

**Ottawa Neufeld Community [ONC] Meeting Dates at the CHEO Outpatient Clinic
Open to ONC members only. We will be focusing on the study of 'Counterwill'**

1. September 29th: 6:00 pm till 8:00 pm
 2. November 10th: 6:00 pm till 8:00 pm
 3. January 12th: 6:00 pm till 8:00 pm
 4. February 23rd: 6:00 pm till 8:00 pm
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**Understanding Anxiety in Children
Thursday October 13th: 6:30 pm till 8:00 pm**

A free evening presentation organized by the Parent Council of John XXIII Catholic School through a *Parent's Reaching Out* grant. Childcare is available: please RSVP for childcare by October 11th. Please contact John XXIII Catholic School for more information or to register by calling 613 623-2828.

All children experience fears, worries and anxieties as a normal part of growing up. Indeed, there are many common fears present in infancy, childhood and adolescence, and which all children deal with to a greater-or-lesser degree. We will take a good look at some of the normal fears, worries and anxieties present in child development.

We will also consider themes of how best to support a child experiencing heightened anxiety so to help them develop healthy coping skills, growing confidence, and the ability to better understand and work-through their anxieties as they grow and mature.

**ACYCC Book Study in partnership with the Ontario Early Years:
*Get out of my life, but first could you drive me and Cheryl to the mall?***

A witty and compassionate guide to raising adolescents by Dr. Anthony E. Wolf, 2002

1. March 7th: 6:30pm till 8:30 pm
2. March 21st: 6:30 pm till 8:30 pm
3. April 4th: 6:30 pm till 8:30 pm

Cost: \$30.00 [please obtain your own copy of the book well in advance of our first date]

To Register: Call Karina or Julie at 613 623-8224

**Neufeld Institute Parent Conference
REST - PLAY - GROW**

Darlene is organizing a speaking tour for Dr. Gordon Neufeld in February 2012 including a parent conference scheduled for Saturday February 11th at the Travelodge Conference Center in Ottawa. For more details, including Dr. Neufeld's full schedule of speaking engagements, please see www.acycc.com, *Neufeld Information & Registration* window or email Darlene at acycc@bellnet.ca