



Effective Parenting Course

The Community Parent Education Program (CPEP)

**Location: Children's Village School
1210 Russet Road NE, Calgary, AB**

**Class size is limited so register now for this FREE parenting program!
Bring your children for the FREE children's group for ages 5 - 12!**

Number:	Date:	Parent Group:	Child Group:
#1	October 25, 2023 6:00 p.m. - 7:00 p.m.	Course information night. Meet the leaders and find out about the program.	Meet the leaders and play games.
#2	November 1, 2023 6:00 p.m. - 8:00 p.m.	Relationship Building.	How to listen.
#3	November 8, 2023 6:00 p.m. - 8:00 p.m.	Planned Ignoring.	How to do what is asked.
#4	November 15, 2023 6:00 p.m. - 8:00 p.m.	Transitional Warnings and When-Then Strategies.	How to share your feelings.
#5	November 22, 2023 6:00 p.m. - 8:00 p.m.	Planning Ahead.	How to problem solve.
#6	November 29, 2023 6:00 p.m. - 8:00 p.m.	Motivation Systems.	How to calm down.
#7	December 6, 2023 6:00 p.m. - 8:00 p.m.	Effective Consequences.	What to do when things don't go your way & Time-out.
#8	December 13, 2023 6:00 p.m. - 8:00 p.m.	Problem Solving & Graduation.	How to be a good friend & Graduation.

To register or for additional information please email:

HullCPEP@hullservices.ca