

# FAMILY CONFERENCE



Enjoy something for the whole family at the 4<sup>th</sup> Annual Family Conference.  
 Part 1 – Educational sessions for families with young children.  
 Childcare and activities are provided. Lunch is included.  
 Part 2 – Rage, Rebellion and Rudeness: Connecting with Teenagers.  
 Coffee and Dessert provided.

## Tuesday, Jan. 31 2006

(No school in Palliser School Division, Professional Development Day)  
 Cultural Recreation Centre (C.R.C.) Behind the High School 504 4<sup>th</sup> Ave. S., Vulcan

### Registration Form

Name(s) \_\_\_\_\_ Phone # \_\_\_\_\_

Email \_\_\_\_\_ (Include email to be contacted about other workshops & next year's conference)

Part 1 (Daytime)– For Families with Young Children				
9:30-9:45	<b>Babysitting Drop-off</b>			
9:45-10:00	<b>Registration</b>			
		A	B	C
10:00-11:00	Session 1	Winterize your Family	Reading Games and Literacy Activities	Family Virtues in Action
11:00-11:15	Break			
11:15-12:15	Session 2	Teach my Child to Accept "No"	Learning Styles	Sign with your Baby
12:15-1:00	Lunch			
1:00-2:00	Session 3	Winterize your Family	Reading Games and Literacy Activities	Teach my Child to Accept "No"
2:00-2:15	Break			
2:15-4:00	Keynote Speaker	Dr. Scott Wooding "Communication and Discipline"		

**I will attend** (Please check all that apply):  
 \_\_\_ Session 1 \_\_\_ Session 2 \_\_\_ Lunch \_\_\_ Session 3 \_\_\_ Keynote

**Please fill in your 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices for each session**  
 \_\_\_ A \_\_\_ B \_\_\_ C  
 \_\_\_ A \_\_\_ B \_\_\_ C  
 \_\_\_ A \_\_\_ B \_\_\_ C

**Cost: \$8/ family**  
 My family:  
 \_\_\_ will pay at the door  
 \_\_\_ will require a subsidy  
 \_\_\_ has included a cheque

**Will you require childcare?** (Daytime only) \_\_\_ Yes \_\_\_ No  
 Please arrive promptly at 9:30 for babysitting arrangements.

Names of Children Attending	Ages
_____	_____
_____	_____
_____	_____

Please let us know if you or your children have any allergies, food restrictions or medical conditions we should be aware of:

**Hosted by Rainbow Literacy Society, Vulcan & Region F.C.S.S.,  
 Vulcan Young Family Wellness (Calgary Health Region) and Vulcan County Adult Learning Council**

Part 2 (Evening) – Rage, Rebellion and Rudeness		
6:30-8:00 pm	Rage Rebellion and Rudeness: Parenting Teenagers in the New Millenium – Dr. Scott Wooding	<b>Cost: \$10/person or \$15/couple</b> ___ I will pay at the door ___ I will require a subsidy ___ I have included a cheque  <b>Please note – Babysitting is NOT available in the evening.</b>
8:00-8:30 pm	Coffee, Dessert and Questions	

**Hosted by Vulcan & Region Family and Community Support Services (F.C.S.S.)**

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# Family Conference

## Session Descriptions

### Part 1 9:30 a.m.- 4:00 p.m.

#### **Winterize your Family** (Age 0 -9)

The session will provide ideas and tips on how to keep your family happy and safe during outdoor winter activities.

**Speaker:** Public Health Nurse – Calgary Health Region

#### **Reading Games and Learning Activities** (Age 0-9)

A make-and-take session of games and activities you can do with your child that will encourage literacy, reading and overall learning. Learn activities that can be adapted for preschoolers or school aged children.

**Speaker:** Dixie Bird and Betty Godkin – Building Blocks Family Literacy Workers

#### **Family Virtues in Action** (Any age)

The Virtues Project, based on universal traditions was created to help families live more purposeful lives, raise children of integrity and compassion and build the foundations for safe and caring communities. Experience the power of language, recognize “Teachable Moments”, honor your life force, and gain practical knowledge of how to implement a culture of care.

**Speaker:** Carrol Thomson – Vulcan FCSS Director, Trained Virtues Project™ Facilitator

#### **Learning Styles** (Any Age)

What is your preferred way of learning? Does your child learn differently than you? Find out what learning style suits you best and how to pinpoint your child’s style so you can help him/her do their best.

**Speakers:** Lorna Armstrong & Sue Stegmeier – Literacy Coordinators, Rainbow Literacy Society & Literacy for Life Foundation

#### **Sign with Your Baby** (Prenatal-18 months)

How to communicate with hearing infants before they can speak using sign language. Improve communication and decrease frustration. Feel free to bring your baby to this session.

**Speaker:** Val Gushulak – Baby Sign Language Instructor

#### **Teach my Child to Accept “No”** (Age 2 - 6)

Learn to use games with kids to promote social skills.

**Speaker:** Marianne Dickson – Executive Director of Wild Rose Community Connection Home Visitation Program

### Keynote Session

#### **Communication and Discipline**

(Any Age)

Learn about effective ways of communicating with and disciplining your children. Children need to know what their limits are in order to feel safe and secure and using effective discipline methods will result in children who have stronger self-esteem and better self-discipline.

**Speaker:** Dr. Scott Wooding

### Part 2 6:30 - 8:30 p.m.

#### **Rage, Rebellion and Rudeness: Parenting Teenagers in the New Millenium** (Age 10-18)

The title of Dr. Wooding’s second book clearly describes three of the most common and most frustrating behaviors found in many of today’s teenagers. In an informative and humorous presentation, Dr. Wooding will first clearly describe the origins of teenage behavior, focussing on how it differs today from that of previous generations. Then he will discuss practical ways that parents and educators can deal with these behaviors without losing either their cool or their sanity.

**Speaker:** Dr. Scott Wooding

#### **Biography – Dr. Scott Wooding**

Dr. Scott Wooding has a Masters Degree in Psychology, a Diploma in Education, a Bachelor of Science degree in Genetics and a Doctorate in Educational Psychology. He has worked over 30 years as a school psychologist, counsellor, administrator and classroom teacher, as well as, maintaining a private practice in Psychology, specializing in parenting problems and stress management. Dr. Wooding is the author of Parenting Today’s Teenager Effectively: Hear Me, Hug Me, Trust Me,” “Rage, Rebellion & Rudeness: Parenting Teenagers in the New Millennium” and “The Parenting Crisis.” Dr. Wooding presently appears weekly on Calgary’s Global TV station as a commentator on teenage issues. He is also a frequent public speaker at teachers’ conventions and parenting conferences throughout Canada.

#### **Part 1 – For Families with Young Children**

**Cost:** \$8 / Family (Subsidies available)  
Lunch included

**Register with:** Rainbow Literacy Society  
Phone: 485-3107 Fax: 485-2920  
Email: [info@rainbowliteracy.com](mailto:info@rainbowliteracy.com)  
Mail: Box 180 Vulcan, AB T0L 2B0

#### **Part 2 – Rage, Rebellion and Rudeness**

**Cost:** \$10 each or \$15/couple (Subsidies available)  
Coffee and dessert included.

**Register with:** FCSS by Jan. 19  
Phone: 485-2192 Fax: 485-6043  
Email: [fcssvulc@telusplanet.net](mailto:fcssvulc@telusplanet.net)  
Mail: Box 594 Vulcan, AB T0L 2B0

**\*\*Please note\*\***  
If you are registering for both Part 1 **and** 2 you only have to register with one organization.