

This day is for you if you have ever wanted to:

- *Guide children to develop inner discipline
- *Improve your family's health and well-being
- *Enhance communication with your parenting partner and children
- *Build self esteem and self motivation
- *Meet and connect with other parents and care providers

About Maggie Reigh

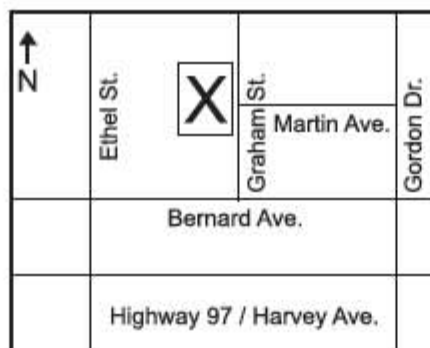
Kelowna based international speaker, author, and master storyteller, Maggie Reigh IS energy, warmth and enthusiasm! The mother of three delightful and now independent children, Maggie is the author of the highly acclaimed book and parenting program **9 Ways to Bring out the Best in You and Your Child**, the family educational kit *Taking the Terror Out of Temper Tantrums*, and several CD recordings.

Maggie specializes in helping people improve communication, reduce stress, and create strong and powerful relationships. Her common sense parenting tips have been heard by millions of people as she is a popular guest on radio and television, and is quoted often in magazines and newspapers. She is a sought after speaker at conferences for parents, professionals, and businesses. Her presentations and seminars are guaranteed to be inspirational, entertaining, informational and fun.

Many parents are waking up to the fact that positive parenting is not about controlling their children, but about empowering themselves and their children. It is about raising children who are full of spirit and life and teaching them to be caring human beings. And best of all, it's about realizing that by bringing out the best in their children, they cannot fail to bring out the best in themselves!

Conference Schedule

8:30 - 9:00	Registration
9:00 - 9:15	Opening Remarks & Intro of Keynote
9:15 - 10:15	Keynote Address: Life, Laughter, and Learning in the Family with Maggie Reigh
10:15 - 10:30	Break
10:30 - 11:45	Morning Workshops
11:45 - 12:30	Lunch Break & Door Prizes (lunch included)
12:30 - 1:45	Early Afternoon Workshops
1:45 - 2:00	Break
2:00 - 3:15	Mid-Afternoon Workshops
3:15 - 3:30	Wrap Up & Door Prizes



Sponsored by
 The Okanagan Boys & Girls Clubs,
 The Club House Child Care Center, Kelowna Child Care Society,
 Community Action Toward Children's Health,
 Kelowna Child Care Resource & Referral, Divine Feast,
 Central Okanagan Child Development Association,
 and Ministry for Children and Family Development



Life, Laughter and Learning in the Family

Keynote address with Maggie Reigh

This inspiring and fun-filled key note explores practical and sound tools to add more life, laughter and learning to your home or child care setting. Profound insights and practical ideas will help you to raise respectful, resilient and responsible children who are filled with life and spirit!

- * Discover five guidelines that can transform turbulence into peace and harmony in your home or child care.
- * Come together with your parenting partner to create what you really want.
- * Connect more deeply with your child and develop meaningful communication patterns that will last a lifetime.
- * Stay calm in the midst of turmoil, calming those around you.
- * Explore tools to release frustration and manage anger.
- * Guide your child to develop self-discipline
- * Increase co-operation and reduce sibling rivalry.
- * Recognize and transform unwanted communication patterns you "inherited" from your parents!



Join us for this entertaining and educational event that will tickle your funny bone and warm your heart with stories that will linger and inspire you to live, love, and parent with renewed joy and passion!

Parenting With Pizzazz



6th Annual Conference for Parents and Care Providers

Saturday, February 28, 2009

8:30am - 3:30pm

Martin Avenue Community Centre

1434 Graham Street

Kelowna, B.C.

250-762-3989 ext: 102

www.boysandgirlsclubs.ca

Morning Workshops (10:30 - 11:45)

Early Afternoon Workshops (12:30 - 1:45)

Mid-Afternoon Workshops (2:00 - 3:15)

REGISTRATION

\$30.00/individual
\$50.00/couple

Early registration helps to ensure your preference.

Please indicate your preference for workshops you wish to attend by letter.

Morning Workshop 1st choice ___ 2nd choice ___ 3rd choice ___

Early Afternoon Workshop 1st choice ___ 2nd choice ___ 3rd choice ___

Mid-Afternoon Workshop 1st choice ___ 2nd choice ___ 3rd choice ___

Included with this registration form is my payment of \$ _____

Dad Focus (shown in grey areas) - Anyone can attend!

Name _____

Address _____

Postal Code _____ Phone _____

Method of Payment

Cash Debit Visa Mastercard

Card # _____ Exp. Date _____

Free On-Site Child Minding Available
Spaces are limited & In-person registration is required

Limited subsidies are available upon request.
For info please call the number below.

Out of respect for our workshop presenters,
we request that no children attend any presentations

After Feb. 2, return this registration form to:

The Okanagan Boys & Girls Clubs
250-762-3989 ext: 102
Martin Avenue Community Centre
1434 Graham Street
Call Between 8:30am - 12:30pm Mon. - Fri.

1. **The Art of Science and Love** with *Henry Sawatzky*

This workshop is designed to act as an introduction to the Gottman method of couples therapy. Participants will learn what kinds of behaviours prevent them from developing the intimacy they want with their partner, along with discovering how to reduce painful conflict and deepen friendship today. Results of 40 years of research demonstrate how this is possible for your marriage now!

2. **Children's Mental Health** with *Dr. Bruce Pipher*

Dr. Bruce Pipher is a Kelowna based Child and Youth Psychiatrist. He is a Graduate of the University of Toronto and has traveled and worked around the world extensively. Dr. Pipher specializes in diagnosing Fetal Alcohol Syndrome, Autism and Adult Developmental Delay. This workshop will use a question and answer format. Come prepared with questions specific to Child and Adolescent concerns.

3. **Choosing Child Care and What to do in the Mean Time!** with *Lisa Robinson*

Lisa will be sharing tips on finding quality childcare, the different types of childcare available and CCRR Services. As many parents know it is a huge challenge to find childcare. You will come away with resources and helpful questions to ask perspective care providers. Also we will talk about building and maintaining a relationship with your chosen childcare provider.

4. **Empowering Our Children – How to Live and Learn through Power Struggles (0-5 years)** with *Teresa Bouchard*

Do you find yourself struggling for power? Do you feel like fighting or giving in? Learn how to empower both yourself and your children. In this interactive workshop Teresa will offer you strategies to turn conflict into win/win situations. Learn the differences between power and control and discover how true power comes from within.

5. **The Art of Playful Connection** with *Maggie Reigh*

Have you ever wondered HOW to truly connect with children – HOW to let the playful you come out and really have some fun while you develop meaningful and memorable relationships together? Join us, and be prepared to laugh, to move, and to connect with the playful YOU so that you can enter the optimum learning zone with the children you live and work with – the play zone!

6. **Traditional Aboriginal Parenting (everyone welcome)** with *Carol Lust*

Traditional Aboriginal parenting is grounded in a key value, the sacredness of children. It is the shared role of adults in an Aboriginal community to help children appreciate their own uniqueness and develop their gifts in order that they grow mentally, emotionally, spiritually and physically strong. The ancient ways contained wisdom that is closely related to current research in early childhood development. Aboriginal and non-Aboriginal parents are welcome to participate in this workshop where they will learn more about traditional ways of raising healthy children and about the historical cultures of families and communities that thrived in this land long before European settlement.

7. **To Watch or not to Watch: T.V. and Your Child** with *Chris Martinson*

Are you concerned about the amount of time your child spends watching T.V.? There are many ways to manage T.V., many questions you can ask your children about the programs they are watching and ways to determine if your child is watching too much T.V. The content of this workshop is from the Alliance for Children and Television for Health Canada.

8. **Sex, Love and Diapers** with *Jeff Hay*

Wouldn't life be great if you could laugh more, argue less, and communicate better as your family grows? This fun and amusing workshop will look at some of the "challenges" and changes in Dad's (and Mom's) life when children arrive. Survival tips, helpful insights - ("Hey, you aren't the only Dad that has felt THAT way"), and other fun discussions await in this brand new workshop. Get ready to laugh and learn how to keep your sanity AND your relationship bond strong.

9. **Solo Parenting Across the Spectrum: How to support yourself and your child(ren) when you are a part-time or full-time Single Parent** with *Michele Hucul*

This workshop will examine the issues that may emerge for single-parents such as conflicting co-parenting styles, parent overload and grief and loss issues. In addition we will explore the impact of these issues on ourselves and our children and conclude by identifying healthy coping strategies. This workshop will be activity based so please come prepared to contribute your energy and ideas.

10. **Blended Families - Mixed and Stirred** with *Terry Dunn*

This workshop will be information sharing with discussion encouraged throughout. Some areas we will focus on include; what children in blended families need and will accept. Other areas include what adults need to know about expectations of the children, themselves and expectations of a step parent.

11. **Parenting Without Power Struggles (6-12 years)** with *Deena Ropp-Reis*

This workshop will give parents an overview of preteen and adolescent development and how that can affect their parenting and as well as their child. In addition, some practical skills that parent's can use to help reduce potential power struggles and conflict within their homes will also be covered with the session. The Boys and Girls Clubs of BC Parent Services programs looks at promoting relationships in families and building upon family strengths and let parents know that they are not alone in the daily challenges of parenting.

12. **Dare to Be the Change** with *Chantelle Adams*

Do you long for more quality time with your family, do you want to teach your children about empathy and compassion? Then this workshop is just what you need! Realize how giving to others gives us and our children so much in return, and how to put the power of gratitude to work in your life. You will find practical ways to teach children to want less and give more and simple activities to do as a family that make a BIG impact.

13. **Healthy Opportunities for Preschoolers (HOP)** with *Kim Chemenkoff and Shannon Yearley*

A fun, interactive workshop for families and Family Care Providers with children between 3-5 years of age. We will explore activities that are easy to follow and can be done indoors or outdoors with no equipment. This workshop will focus on activities and ideas that encourage play with a purpose as a stimulus for learning. Participants will receive a resource guide.

14. **Solution Focused Discipline** with *Maggie Reigh*

Do you want a way to discipline without creating resentment, rebellion, or revenge? Would you like to know the secret to developing a happy healthy environment where everyone wins and works together? When your children "misbehave" do you want them to come to you to make amends or run from you and lie to you? In this interactive and thought provoking session, Maggie addresses each of these issues and more. Solution-focused discipline strengthens the child-adult relationships and teaches children to be response-able, respectful, and resilient.

15. **"Incredible dads... from good to GREAT!"** with *Jeff Hay*

When someone says "Man, THAT guy is an incredible FATHER" – what are they seeing, hearing, sensing? In this workshop, we will explore simple approaches, ideas, and tips that will uncover just what these Super Dads are doing and how to incorporate these ideas into your life. Dads help instill values, increase self-esteem, build social skills, teach compassion and develop resiliency. Come and learn how the involved father becomes the incredible father.

16. **Pitfalls of Praise** with *Teresa Bouchard*

Wondering what really motivates children to learn, persevere and succeed? Looking for ways to acknowledge your children for their achievements, accomplishments and contributions that will encourage them to be thinkers and leaders, be resilient, and have healthy self-esteem? Join Teresa, in this interactive workshop as she shares the "Pitfalls of Praise" and offers more effective strategies that help motivate children to do well for themselves.

17. **Kids Have Stress Too (Preschool to age 9)** with *Susan Foisy*

Stress is a normal everyday experience; however, too much stress can interfere with our abilities to do normal tasks and over time, can cause health problems. Children lack the life experience of adults and have few strategies to cope with stress. By learning to effectively cope with life's ups and downs children will develop healthy strategies which will help them to adapt, be resourceful, feel competent and become more resilient.

18. **Parents Together Workshop - Teens** with *Deena Ropp-Reis*

Parents Together is a program of Parent Services of the Boys and Girls Clubs of BC, which looks at supporting parents of teens. In this workshop we will discuss how teens are changing and developing, strategies for parents in times of conflict and how parents can keep themselves well in times of high stress. Parents Together is based upon the model developed by Drs. Jean and Robert Bayard as well as other parenting resources and discusses strategies that parents can use in all areas of their lives that promote communication, self-care and build upon family strengths.

19. **Anaphylaxis - Allergy Awareness** with *Yvonne Rousseau*

This workshop will cover all aspects of anaphylaxis – what it is, causes, signs and symptoms, progression of a reaction, avoidance strategies and emergency procedures. Training on the use of the epinephrine auto-injectors will be provided and participants will have hands on practice with a training device. Participants will gain an understanding of the stress and effects on the quality of life experienced by those living with anaphylaxis, as well as the stress it places on their families.

20. **Move with Me from Birth to Three (MOVE)** with *Kim Chemenkoff and Shannon Yearley*

A fun, interactive workshop for families and Family Care Providers with children from birth to three years of age. We will explore activities that are easy to follow and can be done indoors or outdoors with no equipment. The activities also focus on new opportunities for infants and toddlers to learn new movement and communication skills. Participants will receive a resource guide.

21. **Dare to Be in the Moment** with *Katrina Glen*

Balancing demands on parents is no small task. If you find yourself saying, "I need more hours in the day..." this workshop is for YOU! You will realize what brings you joy and where your priorities lie, learn a new concept of time management which allows you the structure of goal setting and to do lists, but gives freedom to embrace life's surprises. Come toss the guilt and find ways to renew yourself.