

Parent Educational Workshops

Come and learn with us. All parents welcome.

All workshops start at 6:30PM @ St. Charles Catholic School, 331 St. Charles St. Winnipeg MB. Office Phone: 204-837-1520

Monday, September 16th – Cyber Safety for Children

Presenter: Constable Rochon (mrochon@winnipeg.ca)

Topics Covered: *What is Cyber bullying? Bullying and Power. How Cyber bullying happens. Three types of people involved: the bully, the victim, and the spectators. How electronics are used in Cyber bullying. The effects of Cyber Bullying. How to report and deal with it. Videos of Cyber Bullying*

About the Presenter: Constable Rochon joined the Winnipeg Police Service in 2005. He was General Patrol for 2 years. In 2008 he was transferred to the Community Service Unit for the St. Boniface area, which required a French speaking officer dealing with illegal ongoing issues in the area. (drug houses, gangs, traffic, etc). In 2010 he was asked by upper management to join the Community Relations Unit, as a French School Resource officer. Constable Rochon currently has over 50 schools and provides presentations on various topics, such as: Drug Awareness, Cyber Bullying, Choices, Internet Safety, Street Gang Awareness, Personal Safety, etc. In 2012, 3770 presentations were given.

Wednesday, Sept. 25th – Helping Your Child With Math Homework

Presenter: Valerie Froese TBC (valerief@mymts.net)

Topics Covered: *Valerie will be talking to parents about her journey as a parent and math teacher and how her experiences can be useful to them. She will suggest benchmarks for skills and provide suggestions of activities and games that parents can use to help their children reach these benchmarks.*

About the Presenter: Valerie Froese has worked in math education for over 20 years. She has experience working with teachers, educators and children of all ages and ability. Ten years ago, when her own children were in grades 2, 3 and 5 she began teaching after school math classes for students in grades one through nine. Today, along with her **go!math** classes, Ms. Froese teaches algebra and pre-calculus classes at the International College of Manitoba. In addition, she has taught math workshops for the math department and math curriculum and instruction courses for the Faculty of Education at the University of Winnipeg.

"I started teaching after school math classes because I was worried about the attitude my daughters were developing towards math. I was also concerned about the level of skill my senior school students were displaying in the classroom. I was teaching a lot of smart kids who couldn't do arithmetic."

While she is not proposing that parents need to start math schools to help their children, Ms. Froese does have suggestions for expectations, activities and games that will help parents support the work being done at school.

Wednesday, October 2nd – Positive Parenting

Presenter: Carmen Bergeron, MSW, School Social Worker, Child Guidance Clinic
(cbergeron@wsd1.org)

Topics Covered: *Carmen Bergeron will provide an overview of how parents can use positive parenting practices to build strong relationships, promote resilience, and improve behavioural outcome.*

About the Presenter: Carmen Bergeron is a School Social Worker with the Child Guidance Clinic. She holds a Bachelor Degree in Community Rehabilitation from the University of Calgary and Master Degree in Social Work from the University of Manitoba. Carmen Bergeron is a Clinical Social Worker who specializes in child and adolescent mental health and who worked at the Manitoba Adolescent Treatment Centre. She is a certified trainer of the Developing Capable People Program and strong advocate the resilience model used in schools today.

Wednesday, October 9th – Diet and Nutritional Supplementation :Separating Fact from Fiction

Presenter: Dr. Jason Bachewich ND, Nature Doctors

Topics Covered: *We will cover the latest in scientific research on how nutrition influences ones ability to learn, concentrate and develop.*

About the Presenter: Dr. Bachewich obtained his Naturopathic Medical Registration in Manitoba and is a member of the Manitoba Naturopathic Association (MNA) and the Canadian Association of Naturopathic Doctors (CAND). He currently practices family medicine with focuses on skin disorders, autoimmune conditions, cancer treatment and prevention, treatment of digestive disorders, prevention and treatment of heart disease/diabetes, medically supervised weight loss and the treatment of athletic performance and injuries.

Wednesday, October 16th – Healthy Minds

Presenter: Carmen Bergeron, MSW, School Social Worker, Child Guidance Clinic
(cbergeron@wsd1.org)

Topics Covered: *Carmen Bergeron will provide an overview of child and adolescent mental health. Parents will learn:*

The effects of stress and change on children.

How to identify “Action Signs” and where to get help.

How to collaborate with school teams and advocate for support within the school system.

About the Presenter: Carmen Bergeron is a School Social Worker with the Child Guidance Clinic. Full Bio above.