



# Simply Halton

Your Halton  
Connection  
September '07

www.halton.ca

## Help and Support is Available for Halton Parents



by Regional Chair Gary Carr

Raising a child of any age can be a difficult task whether you are a parent with one child or several. The ultimate goal of every parent is to raise their child to become a successful, positive, and contributing member of society who will pass on their knowledge and experience to their own children. Each stage of a child's life brings unique parenting challenges and all parents and guardians should know that they are not alone and that help is available.

Many parents, especially first time parents and parents of teenagers, have questions about how to play or socialize with their child, communicate, set boundaries and discipline.

Halton Region is committed to supporting all residents and creating a community that is strong, vibrant, and healthy. As a leader in the community, Halton Region offers a wider variety of parenting programs, ranging from Calling New Parents for parents of children under one year to the Positive Parenting Program, Triple P, for parents of preschool and school age children, and teens at no cost.

Triple P, a new program in Canada, helps parents manage their child's behaviour in a constructive and caring way, develop good communication and strong relationships with their children, and learn positive parenting skills that may be applied to a broad range of parenting situations.

The Triple P program can offer support and practical answers for you and your family through the creation of a stable, supportive, harmonious family environment. It can help parents deal positively, consistently, and decisively with problem behaviour and teach their children the skills they need to get along with others.

Children and teens that grow up with positive parenting are more likely to feel good about themselves and develop to their full potential. Help, guidance, and reassurance is available.

Call Halton Region or visit the website, [www.halton.ca](http://www.halton.ca), for more information.



### Testimonials

"I think these programs are fantastic for everyone dealing with children. I wish I had heard about it earlier. It helped me to take time out to look at our home situation, what things caused me stress, and the importance of me looking after myself and taking time out too. It helped me understand my son's age level, and realize that what I see is normal. We should all take Triple P!"

"I needed to take a step back and consider my parenting and the changing needs of my children. With our busy lives it is difficult and this evening has allowed me a chance to do this. Thank you!"

"I just had Triple P at my workplace, and it was great. We had time to really talk about issues, and not worry about the kids. I really needed to understand what was going on now with my son and how important it is to be on the same page as my wife with parenting. Very helpful."

### Triple P Seminar & Group Sessions

To register for any of these sessions, call 905-825-6000.

#### Child Series (Ages 0-6)

**Salvation Army**  
100 Nipissing Rd., Milton  
7:00 p.m. - 8:30 p.m.

Seminar 1: Sept. 7, 2007

The Power of Positive Parenting

Seminar 2: Oct. 15, 2008,

Raising Confident, Competent Children

Seminar 3: Nov. 12, 2007

Raising Resilient Children

#### Group Series for parents of children 2-6 years

**Ontario Early Years Centre**  
North Halton

410 Bronte St. South, Milton  
6:00 p.m. - 8:00 p.m. Thursdays

October 18 to November 29  
(5 group sessions and two telephone consults)

Some Childcare and transportation available.

Interpreters for the deaf available, please request by October 4 for the series.

Other dates and locations are to be determined for Georgetown, Acton, and Milton.

#### September Meetings at Halton Region Headquarters

Sept. 3 Offices closed for Labour Day  
Sept. 11, 9:30 a.m. Health & Social Services Cte  
Sept. 12, 9:30 a.m. Planning & Public Works Cte  
Sept. 12, 1:30 p.m. Administration & Finance Cte  
Sept. 19, 9:30 a.m. Regional Council Meeting

This page has been donated by this newspaper to communicate important information to Halton residents at no cost to taxpayers.

### There are a variety of ways to get the information and support you need:

**Telephone support:** Call Halton Region, 905-825-6000, for information and advice from a Public Health Nurse from Monday to Friday, 8:30 a.m. to 4:30 p.m.

**Seminars and small group series:** Parenting seminars and small group skill building sessions are held at the Halton Regional Centre, at schools and in community settings as needed. For locations, times and sessions, call Halton Region, 905-825-6000, or visit the web site at [www.halton.ca](http://www.halton.ca).

**Face-to-face meetings:** Individual practical advice and skill building sessions related to your specific situation can be arranged.

We welcome your feedback. Contact Access Halton at [accesshalton@halton.ca](mailto:accesshalton@halton.ca)  
905-825-6000 • Toll free: 1-866-4HALTON • TTY: 905-827-9833 • [www.halton.ca](http://www.halton.ca)  
The Regional Municipality of Halton • 1151 Bronte Rd., Oakville, Ontario L6M 3L1