

Community Education Service



Improving emotional health and well being



Cross Cultural Parenting Program

Presenters: Yanping & Marco
Calgary Immigrant Women's Association (CIWA)

Session 1: Introduction to Parenting

September 23, 2024, 10am – 12:00pm

- Challenges of parenting in a new country and culture
- Social and institutional pressures
- Norms, values and laws in Canada with a focus on supervision and child abuse laws



Session 2: Parenting Styles

October 7, 2024, 10am – 12:00pm

- Discussion on different parenting styles
- Impact of parenting styles on child development and growth
- Experience of immigrant children growing up in a cross cultural context



Session 3 & 4: Discipline Strategies

Part 1 - October 21, 2024, 10:00am – 12:00pm

Part 2 – November 4, 2024, 10:00am – 12:00pm

- Understanding a child's misbehaviour
- Positive discipline vs. punishment
- Positive discipline strategies and skills



**Clients who need the Cross Cultural Parenting Program certificates are welcome to register with Yanping via email YanpingD@ciwa-online.com after attending all 4 sessions in this series.*

CES certificates will be provided following each individual session.

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with
Calgary Immigrant Women's Association (CIWA)