

## **Workshops – Parent Training: Discipline and Oppositional Behaviours**

**Peter Gantous, Psychologist**

### **Description**

The workshops are aimed at parents who are experiencing difficulties related to discipline and oppositional behaviours at home.

Children with ADHD are more likely than their peers to develop oppositional defiant disorder, which often means daily arguments, outbursts, and anger-management problems. The goal of these workshops is to provide parents with strategies that will help break unhealthy cycles. Note that a diagnosis of ADHD is not necessary to register to the workshops.

The parent training consists of a series of 4 group meetings (16 participants maximum). Our philosophy is to provide a safe and non-judgemental space where parents can evolve at their own pace. To maximize the impact of the parent training, it is recommended that both parents attend the workshops.

The virtual meetings are led by Peter Gantous, clinical psychologist and member of the *Ordre des psychologues du Québec*.

### **Calendar**

#### **Winter group schedule (Tuesdays, every 2 weeks)**

February 7, 2023	7:30-9:30 p.m.	Online
February 21, 2023	7:30-9:30 p.m.	Online
March 7, 2023	7:30-9:30 p.m.	Online
March 21, 2023	7:30-9:30 p.m.	Online

### **Registration**

Space is limited. You can register by phone at 514 713-5353 or by email: [info@pandablsoc.ca](mailto:info@pandablsoc.ca). Once registered, please notify us of any changes or

withdrawals. We will have the opportunity to offer the place to other people who are waiting.

**In the event that there are not enough participants to start a group, individual counselling (2 meetings per family), will be offered.**

The only requirement to participate in the workshops is to become a member of our association at an annual cost of \$10.

To become a member: <https://www.pandablso.ca/en>.

If you already have a membership through your school, please contact [info@pandablso.ca](mailto:info@pandablso.ca) and be sure to mention the name of your school.