



**YMCA of
Hamilton | Burlington | Brantford**

RAISING CHILDREN WHILE CO – PARENTING WORKSHOP

(Delivered in three locations: Burlington, Hamilton, Brantford)

It can be difficult enough managing children's behaviour when both parents are in the same home. It is even more challenging between two homes. This workshop will address the trials and tribulations of co-parenting with solutions and tips offered by Gary Direnfeld, Social Worker.

Gary is an expert in social work, marital and family therapy, child development, parent/child relations and custody and access matters. He is the host of the TV show, Newlywed, Nearly Dead, and is a parenting columnist for the Hamilton Spectator.

WORKSHOP EVALUATIONS

February 4, 2013 workshop in Burlington Ontario:

- We had 30 people attend, and about 10 of those people were YMCA families.
- All 30 said they benefitted from attending the workshop and would attend another one (
- When I asked what barriers would prevent them from attending another workshop, most parents said that the people who WANT to come won't let any barriers get in the way.
- In terms of how they heard about the workshop:
 - o 7 heard from newspaper (Spectator or Burlington Post)
 - o 3 from TV
 - o 3 from your website
 - o 2 from another parent
 - o 12 from a YMCA website, email or Program Site (which is odd considering only 10 indicated they were YMCA families...)
 - o 3 did not respond

Some comments written by parents for the question, 'did you gain what you wanted from this workshop, please explain' include:

- o Yes - "you can lose the battle but win the war"
- o Yes - "the importance of minimizing conflict"
- o Yes - "be mindful of self"
- o Yes - "informative, interesting approach and great examples"
- o Yes - "I wasn't sure what to expect but I enjoyed the insight"
- o Yes - "realizing a different approach, think differently and turn it around"
- o Yes - "Dynamic indeed!"

March 21, 2013 workshop in Hamilton, Ontario

- We had 32 people attend, and about 10 of those people were YMCA families.
- Of the 32, 24 filled out evaluations.
- All 24 said they benefitted from attending the workshop and would attend another one

Some comments written by parents for the question, 'did you gain what you wanted from this workshop, please explain' include:

- o Yes - "you can lose the battle but win the war"
- o Yes - "I realized that my child's other parent and I are doing a better job than I thought...we usually lose the battle but win the war"
- o Yes - "needed to hear that all we need to do is love our children"
- o Yes - "I liked the open format"
- o Yes - "the questions I had were answered"
- o Yes - "It allowed me to remember to take the high road with my spouse"
- o Yes - "Great, simple info"

April 9, 2013 workshop in Brantford, Ontario

- We had 20 people attend, only 17 filled out evaluations.
- Of the 17 people who filled out evaluations, 10 were YMCA families (6 identified as SACC families).
- All 17 said they benefitted from attending the workshop and would attend another one
- All 17 liked Gary as a speaker and the 'open forum' approach
- Other topics of interest indicated were: co-parenting again (with an ex and new partner), blending families, parenting in general, and parenting behaviours
- Brantford families were a little more vocal about barriers: 2 people wanted an earlier time, 1 person didn't like the location
- People were very grateful for the childcare (I think we ended up with 6 or 7 kids in childcare!).

Parents wrote the following on what they took away from the workshop:

- 'Knew nothing about this. You opened my eyes'
- 'excellent perspective on the basics'
- 'learned what conflict is worth the effort and stress; reminder to focus on what is in our control'
- 'got more than I expected'
- 'pick your battles, relax, enjoy your children and relax'
- 'got reminders about what's really important and taking perspective'