



Parent Support Group

The Ontario Society of Adlerian Psychology is a charitable organization (founded in 2010) whose is dedicated to furthering the understanding an application of the Individual Psychology of Alfred Adler. We want to further community harmony through effective parenting, counselling, teaching and community development based on the principles of mutual respect, cooperation, engagement and social interest in daily life. We promote and provide education and professional development opportunities for counsellors, educators, parents and individuals, based on the philosophy of Alfred Adler. The Ontario Society of Adlerian Psychology is governed by a Board of Directors.



Healthy Parenting

Alfred Adler believed that when we are encouraged, we feel capable and appreciated. This contributes to a feeling of connectedness and the result is that we are more likely to be cooperative. In contrast, when we are discouraged, we withdraw, give up and do not cooperate.



Building a Relationship and a Connection

When? First Weekend of the Month

What to Expect?

- Readings and topics for discussion will be provided a month prior to the scheduled support group meeting
- Opportunities to share topics of interest will be encouraged
- Participants are encouraged to bring up behavioural, relational and/or discipline challenges to be explored and understood.

Who Can Attend?

ONSAP Members: Free for 6 months; then \$30 for another 6 months.

Non-Members: \$50 for 6 months

Location: GTA, Peel, York and Durham Regions. Video access via Zoom

What are the Learning goals?

- Self Discipline
- Responsibility
- Cooperation
- Problems Solving
- Fun

Note: There will be a limit of 20 participants per session.

CORE ADLERIAN VALUES

Belonging: Creating a culture where everyone feels that they belong

Community: Building communities through partnership and collaboration

Connections: Cultivating strong relationships

Diversity: Acting with openness, mutual respect and challenging inequality

Encouragement: Encouraging others and the courage to be imperfect

Organized By: The Social Interest and Diversity Committee

Contact: june.onsap@gmail.com

Website: www.adlerontario.ca

Charitable Registration Number: 818913717RR0001

Adlerians believe that every person is equally deserving of dignity and respect; positive changes come from encouragement which focuses on strengths; and the courage to be imperfect!