

SickKids[®]

Centre for
Community
Mental Health

(formerly The Hincks-Dellcrest Centre)

FREE PARENT WORKSHOPS

for parents of teens 13 - 18 years

PLACE: SICK KIDS - CENTRE FOR
COMMUNITY MENTAL HEALTH
(formerly THE HINCKS-DELLCREST CENTRE)

SITE LOCATION : 440 JARVIS STREET



**FAMILIES FIRST
PREVENTION & EARLY INTERVENTION PROGRAM**

**HOW TO VALIDATE
SO YOUR
TEEN WILL TALK:
BUILDING TRUSTING
RELATIONSHIPS WITH YOUR
TEEN TO HELP REDUCE THEIR
ANXIETY, MANAGE STRESS AND
DEVELOP MORE MEANINGFUL
COMMUNICATION**

**TUESDAY OCT. 17, 2017
6:00 - 7:30 pm**

Raising teenagers can be challenging at the best of times, especially when they are confronted with intense emotions. As parents, we can find ourselves drawn into arguments, feel like we are walking on eggshells, or feel helpless in knowing how we can connect with our teens.

Research has shown that when parents learn how to use validation in their communication with their teens, it can help reduce teen's anxiety, levels of stress and improve parent child relationships. In this workshop you will be introduced to what is validation, how to and when to validate, and effective problem solving.

Presented by Presented by Liz Lovrics, Child & Family Therapist

**REGISTRATION IS REQUIRED AND CHILD CARE SUPERVISION
MAY BE AVAILABLE.**

Call 416 - 924 - 1164 ext. 2167 TO RESERVE YOUR SPOT.

SickKids®

Centre for
Community
Mental Health

(formerly The Hincks-Dellcrest Centre)

FREE PARENT WORKSHOPS

for parents of children 6 - 12 years

PLACE: SICK KIDS - CENTRE FOR
COMMUNITY MENTAL HEALTH
(formerly THE HINCKS-DELLCREST CENTRE)

SITE LOCATION : 440 JARVIS STREET



**FAMILIES FIRST
PREVENTION & EARLY INTERVENTION PROGRAM**

HOW TO VALIDATE SO YOUR CHILD WILL TALK:

**BUILDING TRUSTING
RELATIONSHIPS WITH YOUR
CHILD TO HELP REDUCE THEIR
ANXIETY, MANAGE STRESS AND
DEVELOP MORE MEANINGFUL
COMMUNICATION**

**TUESDAY NOV. 21, 2017
6:00 - 7:30 pm**

Raising children can be challenging at the best of times, especially when they are confronted with intense emotions. As parents, we can find ourselves drawn into arguments, feel like we are walking on eggshells, or feel helpless in knowing how we can connect with our children. Research has shown that when parents learn how to use validation in their communication with their children, it can help reduce children's anxiety, levels of stress and improve parent child relationships. In this workshop you will be introduced to what is validation, how to and when to validate, and effective problem solving.

**Presented by Presented by Liz Lovrics
Child & Family Therapist**

**REGISTRATION IS REQUIRED AND CHILD CARE SUPERVISION
MAY BE AVAILABLE.**

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Centre for
Community
Mental Health

FREE PARENT WORKSHOPS

for parents of school aged children



**PLACE: SICK KIDS CENTRE FOR COMMUNITY
MENTAL HEALTH**
(Formerly known as THE HINCKS-DELLECREST CENTRE)

SITE LOCATION: 1645 SHEPPARD AVENUE WEST
(Sheppard Avenue between Jane & Keele streets)

**FAMILIES FIRST
PREVENTION & EARLY INTERVENTION PROGRAM**

HELPING TWEENS WITH SMART & SAFE DIGITAL MEDIA PARTICIPATION

Thursday Nov. 23rd, 2017
6:00 - 7:30 pm



In the age of technology, it's difficult to know how we can help our young people with smart and safe digital media participation. Learn more about online issues that commonly affect them, as well as effective parenting strategies to help you work together with your young to create a safe digital environment. This workshop is primarily focused on pre-teens or "tweens" and offers parents some advice prior to or around the time they are thinking of giving their child a smart phone.

Presented by Bethany Good, MSW, RSW

REGISTRATION IS REQUIRED AND AVAILABILITY OF CHILDREN'S GROUPS & CHILD SUPERVISION WILL BE CONFIRMED AT THE TIME OF YOUR REGISTRATION. Call 416 - 924 - 1164 or 1 - 855 - 944 - HOPE (4673) ext. 2167
TO RESERVE YOUR SPOT.