

# Free parent education workshop

for parents of young children up to six years

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## Helping your child try new things and bounce back from daily challenges

A new year can be a tricky time for families. Whether little ones are having new experiences or kids are returning to their regular school friends and activities, there is a lot on everyone's minds.

Back to school can also bring forth both familiar and brand-new feelings of fear, anxiety, and stress for families. Will my kids enjoy their weekly routine? Will they handle the winter weather? Am I encouraging them enough to try new things? Or pushing too hard? When do I let them figure things out for themselves? When do they need a helping hand?

Come explore ways of supporting your child to grow and thrive this year, collect stories and ideas to help them try new things and work through some of life's daily challenges.

Presented by Lisa Ihnat, RP (Registered psychotherapist)

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**Wednesday, Feb. 26, 2020**  
**6 to 8 p.m.**

114 Maitland Street, Toronto  
SickKids Centre for Community Mental Health

To reserve your spot email with details  
[familiesfirst@sickkidscmh.ca](mailto:familiesfirst@sickkidscmh.ca)  
or call 416-924-1164 ext. 2167



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