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# Free parent education workshop

for parents of children 4 - 10 years

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

With spring arriving, the weather may bring about a number of new activities and opportunities for your children and family. There always seems to be a lot of everyone's minds.

Daily challenges and changes in routines can bring forth both familiar and brand-new feelings of fear, anxiety, and stress for families. 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, 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)

Registration is required and child care is available.

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Monday, May 13, 2019  
6 to 7:30 p.m.

1645 Sheppard Avenue West, 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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