
Free parent workshop

for parents of young children
up to 6 years of age

When feelings feel too big

Helping your young child with intense emotions

Thursday, Feb. 1, 2018
6 to 7:30 p.m.

1645 Sheppard Avenue West, Toronto
SickKids Centre for Community Mental Health

We know that feelings of anger, frustration, and excitement are all part of a young child's healthy development. Yet these feelings can be scary and challenging for both the children who experience them, and for the adults watching from the sidelines. Come explore some ways of understanding and responding to your little one's feelings with other families who are in the same boat.

Presented by Lisa Ihnat, MSW
Child & Family Therapist

Registration is required and
child care available

To reserve your spot email familiesfirst@sickkidscmh.ca
or call 416-924-1164 ext. 2167



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