

Free parent education workshop

for parents of children 6 – 12 years

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

**Thursday January 31, 2019
6 - 7:30 p.m.**

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

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 Liz Lovrics, MSW, RSW
Child & Family Therapist

Registration is required and
child care supervision available

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