

Free parent workshop

for parents of children 6 to 12 years

Helping parents respond to children's difficult emotions

How parents can build their toolbox to help their children manage difficult emotions

Thursday March 28, 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.

This workshop will focus on teaching parents how to use validation and the Collaborative Problem Solving approach to help children manage their difficult emotions. Both validation and Collaborative Problem Solving are approaches that have demonstrated benefits in both reducing the intensity and severity of children's difficult emotions as well as strengthen parent child relationships.

Presented by Christie Hayos,
Manager of Outpatient Services and Intake

Registration is required and
child care supervision is available

To reserve your spot, email with details to

familiesfirst@sickkidscmh.ca
or call **416-924-1164 ext. 2167**



SickKids®

Centre for
Community
Mental Health