

WONDERING HOW TO BEST SUPPORT YOUR CHILD OR TEEN'S MENTAL HEALTH?

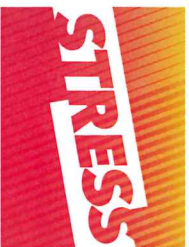
These free, registered workshops offer skill building and connection opportunities for parents and caregivers.



FAMILY RESTRICTURING

WEDNESDAY, JANUARY 8

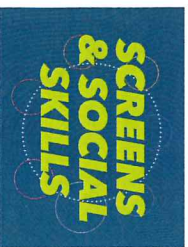
Discuss how to support children through changes that result from separation, divorce, or loss that disrupts family life.



STRESS

WEDNESDAY, JANUARY 22

Recognize the signs and symptoms of stress in children and teens and learn how we can decrease and manage some of the stressors that youth have.



SCREENS & SOCIAL SKILLS

WEDNESDAY, FEBRUARY 12

Learn about how to foster your child's social skills development in an age where technology has changed the ways we interact with one another.



SELF ESTEEM

WEDNESDAY, FEBRUARY 26

Understand the role that self-esteem plays in the healthy development of children and teens and practical ways that parents and caregivers can support this.



DIFFICULT CONVERSATIONS

WEDNESDAY, MARCH 11

Develop skills and gain confidence in talking to your children about challenging topics. Explore preparing for these conversations, modeling emotional regulation, and active listening.



CONNECTING WITH YOUR KIDS

WEDNESDAY, MARCH 25

Explore connection and attachment within the parent and child relationship and practical techniques that you can incorporate in your daily interactions with your children.



FAMILY RESTRICTURING

WEDNESDAY, APRIL 8

Discuss how to support children through changes that result from separation, divorce, or loss that disrupts family life.



ANXIETY

WEDNESDAY, APRIL 22

Deepen your understanding of anxiety and ways to support children and teens in effectively managing their anxiety.



CONNECT PARENT

WEDNESDAYS, STARTING JANUARY 20

This 9 week program provides parents with a new perspective on parent-teen relationships and adolescent development.

For parents and caregivers of youth ages 12 to 17 years

TO REGISTER OR FOR MORE INFORMATION
Visit strathcona.ca/parentsupport or call 780-464-4044

