

# PARENTING THROUGH STRONG EMOTIONS



- ✓ *Are your child/youth's emotions out of control, too intense, sensitive, or explosive?*
- ✓ *Do you struggle with behavioural problems at home or school?*
- ✓ *Perhaps you'd just like to know more about supporting your child/youth with their strong emotions?*

Then you'll benefit from our Parenting Through Strong Emotions 4-part series!

Non-Intersect clients welcome as any parent/caregiver in the community can participate.

Registration required. Please call by 4pm every Tuesday before each group session!

**WHEN?** Wednesdays from 6:00-7:30 pm    **Where?** 1294 3<sup>rd</sup> Ave

<p><i>Session #1</i> What's Going on with my Kid?</p> <p><b>*Mandatory to attend next ones</b></p>	Jan 4 <sup>th</sup>	Feb 1 <sup>st</sup>	Apr 5 <sup>th</sup>	May 3 <sup>rd</sup>
<p><i>Session #2</i> What is emotion coaching?</p>	Jan 11 <sup>th</sup>	Feb 8 <sup>th</sup>	Apr 12 <sup>th</sup>	May 10 <sup>th</sup>
<p><i>Session #3</i> What's getting in our way?</p>	Jan 18 <sup>th</sup>	Feb 15 <sup>th</sup>	Apr 19 <sup>th</sup>	May 17 <sup>th</sup>
<p><i>Session #4</i> What about behavior?</p>	Jan 25 <sup>th</sup>	Feb 22 <sup>nd</sup>	Apr 26 <sup>th</sup>	May 24 <sup>th</sup>



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