

# 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.

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

|  |                |               |               |
|--|----------------|---------------|---------------|
| <b>Session #1</b><br>What's Going on with my Kid?<br><br><b>*Mandatory to attend next ones</b> | <b>Sept 6</b>  | <b>Oct 4</b>  | <b>Nov 1</b>  |
| <b>Session #2</b><br>What is emotion coaching?   | <b>Sept 13</b> | <b>Oct 11</b> | <b>Nov 8</b>  |
| <b>Session #3</b><br>What's getting in our way?  | <b>Sept 20</b> | <b>Oct 18</b> | <b>Nov 15</b> |
| <b>Session #4</b><br>What about behavior?  | <b>Sept 27</b> | <b>Oct 25</b> | <b>Nov 22</b> |



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