

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 3rd Ave

<p><i>Session #1</i> What's Going on with my Kid? <i>*Must attend in order. Starting with session 1</i></p>	Jan 10th	Feb 7th	Apr 3rd	May 1st
<p><i>Session #2</i> What is emotion coaching?</p>	Jan 17th	Feb 14th	Apr 10th	May 8th
<p><i>Session #3</i> What's getting in our way?</p>	Jan 24th	Feb 21st	Apr 17th	May 15th
<p><i>Session #4</i> What about behavior?</p>	Jan 31th	Feb 28th	Apr 24th	May 22th



Phone for more information: 250-562-6639

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or check out our website at www.intersect.bc.ca