

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>*Attend in order.</i> Starting with session #1</p>	Jan 8 th	Feb 5 th	Apr 9 th	May 7 th
<p><i>Session #2</i> What is emotion coaching?</p>	Jan 15 th	Feb 12 th	Apr 16 th	May 14 th
<p><i>Session #3</i> What's getting in our way?</p>	Jan 22 nd	Feb 19 th	Apr 23 rd	May 21 st
<p><i>Session #4</i> What about behavior?</p>	Jan 29 th	Feb 26 th	Apr 30 th	May 28 th



Phone for more information: 250-562-6639

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