

# 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> What's Going on with my Kid?  <b>*Mandatory to attend next sessions below</b>	<b>Oct 1</b>	<b>Nov 5</b>
<b>Session #2</b> What is emotion coaching?	<b>Oct 8</b>	<b>Nov 12</b>
<b>Session #3</b> What's getting in our way?	<b>Oct 15</b>	<b>Nov 19</b>
<b>Session #4</b> What about behavior?	<b>Oct 22</b>	<b>Nov 26</b>



For more information call: 250-562-6639

email [info@intersect.bc.ca](mailto:info@intersect.bc.ca)

or check out our website at [www.intersect.bc.ca](http://www.intersect.bc.ca)