

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? *Attend in order. Starting with session #1</p>	Jan 7 th	Feb 4 th	Apr 1 st	May 6 th
<p><i>Session #2</i> What is emotion coaching?</p>	Jan 14 th	Feb 11 th	Apr 8 th	May 13 th
<p><i>Session #3</i> What's getting in our way?</p>	Jan 21 st	Feb 18 th	Apr 15 th	May 20 th
<p><i>Session #4</i> What about behavior?</p>	Jan 28 th	Feb 25 th	Apr 22 nd	May 27 th



Phone for more information: 250-562-6639
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or check out our website at www.intersect.bc.ca