

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

Session #1 What's Going on with my Kid? <i>*Attend in order.</i> Starting with session #1	Oct 7 th	Nov 4 th
Session #2 What is emotion coaching?	Oct 14 th	Nov 18 th (no Nov 11 th session)
Session #3 What's getting in our way?	Oct 21 st	Nov 25 th
Session #4 What about behavior?	Oct 28 th	Dec 2 nd



Phone for more information: 250-562-6639

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