

## PARENT WORKSHOP

**Is your child experiencing emotional, behavioural, or mental health challenges? Are you unsure about how to help?**

Whether it is anxiety, sadness, tantrums, anger, aggression, defiance, or a mental health disorder, parenting a child with emotional and behavioural challenges can be stressful and overwhelming.

Boomerang Health is offering a three-part workshop to help parents learn how to coach their child through difficult emotions and teach their child the skills they need to feel better and make better choices in the future.

### **This workshop will help parents:**

- Develop a better understanding of why their child is exhibiting emotional and behavioural challenges
- Learn more effective and respectful discipline techniques that are based on connection and skill building rather than punishment and control
- Respond to their child's emotions and behaviour in a calm and loving way while still setting clear and consistent limits
- Teach their child how to self-regulate their emotions and behaviour so that they feel better, make better choices, and have healthy relationships in the future
- Improve their relationship with their child and feel more confident in their parenting

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### **Presented by Dr. Ashley Major, Clinical Psychologist**

Based on the well-supported methods from *Emotion Focused Family Therapy*, and the book *No-Drama Discipline*

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### **Dates and Times:**

February 25<sup>th</sup>, March 4<sup>th</sup>, March 18<sup>th</sup> from 7:00 – 8:30 p.m.

**Cost:** \$510\* per family

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### **Contact Us To Register!**

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