



# Shanker Self-Reg Parenting Course

Facilitated by CTN's Child  
and Family Wellness  
Program



**Open to parents and caregivers of current and former CTN clients**

**Five Week Course (Online Sessions)  
Tuesdays from May 12 to June 9, 2026  
5 to 6:30 p.m.**

You will learn:

- The underlying causes of behaviour, learning, motivation and social challenges in your child
- How stress affects the mood and behaviour of you and your child
- When and how to manage your own energy and tension
- How you can use self-regulation strategies in real-life situations
- How understanding your own stress helps you "lend your calm" to your child

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To register, complete the Self-Reg Parenting Registration Form or scan the QR code.

If you have any questions,  
email Sarah Wilson at  
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or call 705-903-8135.