



**Children's  
Treatment Network**

# 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)  
Thursdays from June 25 to July 23, 2026  
10 to 11:30 a.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  
[swilson@ctnsy.ca](mailto:swilson@ctnsy.ca)  
or call 705-903-8135.**

[www.ctnsy.ca](http://www.ctnsy.ca)

