

Virtual Caregiver Workshop: Managing Emotions & Behaviour

Group Aim, Content, and Participants

Parent Workshop for Managing Emotions and Behaviour is aimed at helping caregivers with children in **grades 1+** 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 program will help caregivers to develop a better understanding of why their child is exhibiting emotional and behavioural challenges; learn more effective and respectful discipline techniques; 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 behavior; and improve their relationship with their child and feel more confident in their parenting.

This workshop is facilitated by a Registered Psychologist and will take place over Zoom.

Group Information

Duration

90 minutes

Length

3 weeks

Cost

\$495.00 CAD*

Dates and Time

Tuesdays from July 13 – July 27, 2021; 7:00 - 8:30 p.m.

*Check with your insurance provider for coverage

For more information, please contact lauren.greenwood@boomeranghealth.ca, Manager of Programs.

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9401 Jane Street, Suite 211

Vaughan, Ontario; L6A 4H7

(905) 553-3155

info@boomeranghealth.com

www.boomeranghealth.com