



Summer 2021 Webinars

Join us for the Triple P "Tip Sheet Discussions" Series

Presented by: Uma Bhatt (Community Outreach Worker) and Marie Hooper (York Region District School Board Psychologist)

BEING A PARENT

The Power of Positive Parenting seminars are a series of three workshops for parents of children birth to 12 years of age. Kids don't come with an instruction manual! Many familiar parenting challenges have solutions that can be applied that will result in positive changes. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.



 **Tuesday July 6 | 6:30PM-8:30PM | Zoom**

HEALTHY SELF-ESTEEM

As children grow and develop they form views of themselves as a person, their value as an individual, and how good they are at doing things. This view of their self-worth is called self-esteem. An important part of being a parent involves building confidence in children and supporting them in developing a healthy sense of self-esteem, which includes children having a true sense of their strengths and challenges. This webinar will provide suggestions to help you promote and support your child's self-esteem.

 **Tuesday July 27 | 6:30PM - 8:30PM | Zoom**

NIGHTMARES & NIGHT TERRORS

Is your child afraid of going to sleep because they were frightened by a nightmare? It can be difficult for caregivers to know what to do when they find their child upset after a nightmare or having experienced night terrors. This webinar will look at the difference between nightmares and night terrors, and will provide strategies to develop a night time routine that will assist in increasing a child's sense of safety and comfort.

 **Tuesday August 17 | 6:30PM-8:30PM | Zoom**

Join us for the Triple P Series "Positive Parenting"

Presented by: Uma Bhatt (Community Outreach Worker) and Marie Hooper (York Region District School Board Psychologist)

POSITIVE PARENTING SEMINARS

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SEMINAR #1 - THE POWER OF POSITIVE PARENTING

This seminar focuses on: Ensuring a safe and engaging space for children by creating a positive learning environment, using assertive discipline, having realistic expectations and taking care of yourself as a parent.

 **Wednesday July 21 | 10:00AM-12:00PM | Zoom**

Register at
www.yorkhillscentre.eventbrite.ca
or scan the barcode!



 905-503-9560

 www.yorkhills.ca

Find us on:





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SEMINAR #2 - RAISING CONFIDENT AND COMPETENT CHILDREN

This seminar focuses on encouraging respect and cooperation, learning to be independent, developing healthy self esteem, and learning how to be a good problem solver.

 **Wednesday July 28 | 10:00AM-12:00PM | Zoom**



SEMINAR #3 - RAISING RESILIENT CHILDREN

This seminar focuses on: Learning strategies to help build positive feelings in your child, and helping your child to recognize and accept feelings, and how to deal with negative feelings and upsetting stressful life events.

 **Wednesday August 11 | 10:00AM-12:00PM | Zoom**

MANY FACES OF ANXIETY

Understanding and supporting children who live with worry

Presented by: Jodi Miller (York Hills Child and Family Therapist) and Cory MacDonald (YRDSB Social Worker)

The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

 **Wednesday July 14 | 6:30PM-8:30PM | Zoom**

EXPLORING THE CONNECTION BETWEEN YOUTH MENTAL HEALTH AND SUBSTANCE ABUSE in partnership with Addiction Services York Region

Presented by: Laurie Blow (York Hills Intensive Child and Family Worker) and Halma Bahman (ASyr Outreach Worker)


Are you a parent/caregiver curious about substance use by teens? Are you seeking information and resources to help support a young person in your life who is potentially facing an addiction and mental health concern?, then you have come to the right place! Research shows that adolescents are more likely to experience mental illness and/or substance use disorders than any other age group. This webinar will provide information to support parents/caregivers of adolescents who are at risk of, or who experience mental health and substance use challenges. We will explore the relationship between mental health and addictions, and how to identify, support and respond to teens.



 **Monday August 9 | 6:30PM-8:30PM | Zoom**

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BRINGING YOUR FAMILY INTO FOCUS

Parenting children with attentional difficulties

Presented by: Rick Rotchild (Intensive Child and Family Worker) and Stephanie D'Mello (Child and Family Therapist)

The goal of this workshop is to provide information to support parents/caregivers of children and adolescents who experience challenges with focusing, attention, and managing impulsivity. The workshop will cover: What ADHD is and what it is not, how living with ADHD impacts your child and family, and will provide strategies to assist in managing and coping when your child struggles with attentional difficulties.

 **Wednesday August 18 | 6:30PM-8:30PM | Zoom**

POSITIVE CONNECTIONS

How to respond to your child in positive and effective ways

Presented by: Larisa Levalds, Pam Snelgrove (Child and Family Therapists) and Vibhuti Bhatt (Speech & Language Therapist)

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their child(ren), and will gain a solid understanding of how, why, and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

 **Monday August 23 | 10:00AM-12:00PM | Zoom**

HERE TO HELP LINE



905-503-9561



Monday - Thursday

2:00 PM - 7:00 PM




For children and youth (0-18 yrs) and their parents, caregivers or adult supporters.

Call us if you have concerns that could benefit from quick access to phone counselling.

Register at
www.yorkhillscentre.eventbrite.ca
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