

# EMOTION COACHING WEBINAR FOR PARENTS AND CAREGIVERS

Hamilton-Wentworth District School Board, Hamilton-Wentworth Catholic District School Board, and Hamilton Family Health Team invite parents and caregivers to explore Emotion Coaching in a 90-minute webinar, and if interested, a 6-week parent/caregiver group for further learning.

## WHAT IS EMOTION COACHING?

Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds and help improve relationships. Emotion Coaching has two steps:

**VALIDATION:** Letting someone know we are trying to understand why they feel, think, or act a certain way.

**SUPPORT:** Then, we provide emotional and practical support using strategies like reassurance, limit-setting, redirecting, collaborative problem-solving, teaching skills, etc.

## LEARNING IN WEBINARS

- Introduction to Emotion Coaching and how it can improve relationships with your loved one
- Understanding the role of emotions
- Linking Emotion Coaching to neuroscience
- Reviewing Emotion Coaching approaches
- Participating in experiential learning and exercises

## TO REGISTER FOR ONE OF THE 90 MINUTE WEBINARS:

DATE	TIME	LINK TO REGISTER
Monday January 27 <sup>th</sup> 2025	6:30pm - 8 p.m.	<a href="https://events.teams.microsoft.com/event/1b358607-c25d-4725-9358-05b112f372a0@7afeaf6a-b1be-4c83-a974-c43a8b215634">https://events.teams.microsoft.com/event/1b358607-c25d-4725-9358-05b112f372a0@7afeaf6a-b1be-4c83-a974-c43a8b215634</a>
Thursday February 27 <sup>th</sup> 2025	9:30am - 11 a.m.	<a href="https://events.teams.microsoft.com/event/dc88581f-adc9-4d78-9f41-910582ef8639@7afeaf6a-b1be-4c83-a974-c43a8b215634">https://events.teams.microsoft.com/event/dc88581f-adc9-4d78-9f41-910582ef8639@7afeaf6a-b1be-4c83-a974-c43a8b215634</a>
Tuesday March 25 <sup>th</sup> 2025	6:30pm - 8p.m.	<a href="https://events.teams.microsoft.com/event/528b120c-6e25-45ff-8254-524eba39516a@7afeaf6a-b1be-4c83-a974-c43a8b215634">https://events.teams.microsoft.com/event/528b120c-6e25-45ff-8254-524eba39516a@7afeaf6a-b1be-4c83-a974-c43a8b215634</a>

## TO REGISTER FOR THE SIX-WEEK PARENT/CAREGIVER GROUP:

Please call the Hamilton Family Health Team, Mental Health Group/line at Phone: 905 667-4852

\*We encourage caregivers to participate in a webinar before joining the caregiver group, however it is not required.