

# EMOTION COACHING FOR PARENTS AND CAREGIVERS

The pandemic has increased stress for children and youth – and this has challenged the caregivers who support them.

In response, Hamilton-Wentworth District School Board (HWDSB), Hamilton-Wentworth Catholic District School Board (HWCDSB) and the Hamilton Family Health Team (HFHT) invite caregivers to explore Emotion Coaching in a series of 90-minute webinars and/or a four-week parent/caregiver group.

## 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 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 child/youth
- Understanding the role of emotions, including resistance
- Linking Emotion Coaching to neuroscience
- Reviewing Emotion Coaching approaches

## TO REGISTER FOR ONE OF THE 90 MINUTE WEBINAR

May 6, 2021	6:30pm	<a href="https://bit.ly/ECCaregiverWebinarMay6">bit.ly/ECCaregiverWebinarMay6</a>
May 13, 2021	1:00pm	<a href="https://bit.ly/ECCaregiverWebinarMay10">bit.ly/ECCaregiverWebinarMay10</a>
May 27, 2021	6:30pm	<a href="https://bit.ly/ECCaregiverWebinarMay27">bit.ly/ECCaregiverWebinarMay27</a>
June 2, 2021	9:00am	<a href="https://bit.ly/ECCaregiverWebinarJune2">bit.ly/ECCaregiverWebinarJune2</a>

## TO REGISTER FOR THE FOUR-WEEK CAREGIVER GROUP\*

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

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