



January to June 2026 Parent & Caregiver Groups, Presented by Social Work Services

## Emotion Coaching

It is recommended that parents & caregivers participate in the Emotion Coaching Webinar prior to registering for this group. This is a 6-week group for parents and caregivers of children in JK – Gr. 12 who would like to learn more about emotion coaching, which is a communication strategy that can calm the brain in as little as 60 seconds. It can help improve relationships through validation and support. Throughout the group, participants will be introduced to emotion coaching and how it can improve relationships with your loved one, the brain's connection to emotions, and specific emotion coaching skills related to offering validation and support. **These virtual groups will run weekly.**

**Spring Session:** Mondays, from 6:00 – 8:00 p.m. on March 30, April 13, 20, 27, May 4 & 11, 2026.

**Register at:** [Spring 2026 Group: Emotion Coaching Parent/Caregiver Group](#)

## From Reaction to Action

It is recommended that parents & caregivers participate in, “From Reaction to Action: A Webinar for Parents and Caregivers of Anxious Children” prior to registering for this group. From Reaction to ACTION is a 5-week group for parents & caregivers of children in JK to Grade 12 who notice themselves struggling with knowing how to support their anxious child. This group focuses **specifically** on the parent/primary caregiver’s behaviour **in response** to their child’s anxiety. Your child **does not** need to be ready to make changes themselves. This group is **about you** and giving you information and skills to **change what you do** to support your child and their anxiety. **The dates and times for this virtual group have not yet been confirmed.** **To Join our waitlist for the spring 2026 group, please register at:** [From Reaction to Action Group Waitlist](#)

## Families Worrying Less Together

It is recommended that parents & caregivers participate in the “Parent & Caregiver’s Toolkit: Managing Anxiety and Low Mood in Children & Youth” webinar prior to register for this group. This 6-week group is for parents/caregivers who have a child in JK - Gr. 8 who is overly shy, or has intense worries and fears that get in the way for them. This program will give you skills which you can use to support your child in learning to overcome their worries and fears. **These virtual groups will run weekly on Thursdays from 6:30 – 8:30 p.m.**

**Spring Session:** March 26, April 2, 9, 16, 23 & 30, 2026. **Register at:** [Spring 2026 Families Worrying Less Together Group](#)