



FREE COURSES

In collaboration with Lynwood Charlton Hall

May – June 2021

Register Online
YourSpaceHamilton.ca

For more Information

Email: engage@lynwoodcharlton.ca

Or Call 905-389-1361 x288

When Conversations are Difficult at Home (60 minute Virtual session)

This workshop provides ideas for helping re-build connection with your child or teen, working together, strengthening the parent-child relationship and improving cooperation and communication.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday May 4	6:00 – 7:00 pm	YourSpaceHamilton.ca

Expressing Feelings (60 minute Virtual session)

An educational workshop for caregivers explaining the basics of emotional regulation. You will learn how to help your child deal with their emotions in a helpful way. Teach your child and youth how to talk it out instead of act it out.

Participants	Date	Time	Location
Parents & Caregivers	Wednesday May 5	5:30- 6:30 PM	YourSpaceHamilton.ca

You Must
Register
For ALL
Courses

Register at: YourSpaceHamilton.ca

Dealing with Impulsivity (60 minute Virtual session)

This single session workshop will help caregivers understand how they can use a variety of techniques and visual strategies to help their child (including children with ADHD) gain better self-control, become more independent and get tasks done.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday May 11	6:00 –7:00 pm	YourSpaceHamilton.ca

Taking Care of You! – Why it Matters (60 minute Virtual session)

Life is challenging and you can't pour from an empty cup. Self Care is more than a bubble bath or taking a walk. Join us for this online webinar to learn how to incorporate self-care and self compassion into your daily routines so you can recharge and feel calm and confident as a person and parent.

Participants	Dates	Time	Location
Parents & Caregivers	Wednesday May 12	5:30-6:30 pm	YourSpaceHamilton.ca

Anxiety in Children and Youth (60 minute Virtual session)

This workshop is an introduction for caregiver to understanding childhood anxiety. What you will learn: How it effects your child and different anxiety disorders and some basic coping strategies will be discussed.

Participants	Date	Time	Location
Parents & Caregivers	Tuesday June 15	6:00 – 7:00 pm	YourSpaceHamilton.ca

Helping Your Child and Youth Deal with Stress (60 minute Virtual session)

Is your child or youth having a hard time handling their stress? Join us for this online webinar to find out more about stress triggers and the effects on your child and teen. We will discuss coping strategies and how to empower your child and youth.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday June 22	6:00-7:00 pm	YourSpaceHamilton.ca

I'm Shy (60 minute Virtual session)

A 1 Hour VIRTUAL educational workshop that will introduce some of the issues or concerns with shy, anxious behaviours with your child. Strategies and supports available for your child will be discussed and provided.

Participants	Dates	Time	Location
Parents & Caregivers	Tuesday June 29	6:00-7:00 pm	YourSpaceHamilton.ca

Giving Your Child The Tools For Life (60 minute Virtual session)

An educational workshop to help parents understand how to raise resilient children. They respond differently to the challenges in life. You will learn how to empower your child and teach them new skills so they can learn to bounce back with confidence.

Participants	Dates	Time	Location
Parents & Caregivers	Wednesday June 30	5:30-6:30 pm	YourSpaceHamilton.ca

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