



Fall 2025 Groups for Parents & Caregivers
Presented by HWDSB Social Work Services

Emotion Coaching

Register at: <https://events.teams.microsoft.com/event/d8d35223-8663-4460-87d6-8ee478f9a795@7afeaf6a-b1be-4c83-a974-c43a8b215634>

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 who would like to learn more about Emotion Coaching. Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds and 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. **This virtual group will run weekly on Mondays, from 6:30 - 8:30 p.m., on Oct. 20, 27, Nov. 3, 10, 17, & 24.**

Reaction to Action

Register at: <https://events.teams.microsoft.com/event/9450c01b-50ad-4c98-bd66-e492dd78915f@7afeaf6a-b1be-4c83-a974-c43a8b215634>

It is recommended that parents & caregivers participate in, "Reaction to Action: A Webinar for Parents and Caregivers of Anxious Children" prior to registering for this group.

Reaction to ACTION is a 5-week group for parents & caregivers of children in JK to Grade 8 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. **This virtual group will run weekly on Wednesdays, from 4:30 - 6:30 p.m., on Oct. 15, 22, 29, Nov. 5 & 12.**

Families Worrying Less Together

Register at: <https://events.teams.microsoft.com/event/d5fd74f3-ee42-4fe1-a19e-b2cb57e2efca@7afeaf6a-b1be-4c83-a974-c43a8b215634>

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. **This virtual group will run weekly on Thursdays, from 4:00 - 6:00 p.m., on Oct. 16, 23, 30, Nov. 6, 13 & 20.**