



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

**Emotion Coaching**

Wed., Sept. 24, 2025 6:30 – 8:00 p.m.

**Register at:** <https://events.teams.microsoft.com/event/393a52ff-c49d-46a4-9ccb-d244463cbd42@7afeaf6a-b1be-4c83-a974-c43a8b215634>

Wed., Nov. 26, 2025 6:30-8:00 p.m.

**Register at:** <https://events.teams.microsoft.com/event/0ef124f1-7d29-4a46-8e9a-14381034b4f7@7afeaf6a-b1be-4c83-a974-c43a8b215634>

**It is recommended that parents & caregivers participate in this webinar prior to accessing the 6-week Emotion Coaching group offered by HWDSB Social Work Services.**

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. In this webinar, 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.

**Reaction to Action**

Wed., Sept. 24, 2025 4:30 – 5:30

**Register at:** <https://events.teams.microsoft.com/event/5e7ccf24-0757-4d80-a55f-92e154b1ca61@7afeaf6a-b1be-4c83-a974-c43a8b215634>

**It is recommended that parents & caregivers participate in this webinar prior to accessing the 5-week Reaction to Action group offered by HWDSB Social Work Services.**

This webinar is an introduction to Reaction to ACTION (RTA), a group for HWDSB parents & caregivers of children in JK to Grade 8 who notice themselves struggling with knowing how to support their anxious child. The RTA 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. The group is **about you** and giving you information and skills to **change what you do** to support your child and their anxiety.

**The Parent & Caregiver's Toolkit: Managing Anxiety and Low Mood in Children & Youth**

Thurs., Sept. 25, 2025 6:00 – 7:30 p.m.

**Register at:** <https://events.teams.microsoft.com/event/906dcb4c-7404-4888-9294-2ac1649ac529@7afeaf6a-b1be-4c83-a974-c43a8b215634>

**It is recommended that parents & caregivers participate in this webinar prior to accessing the 6-week Families Worrying Less Together group offered by HWDSB Social Work Services.**

This webinar will provide parents & primary caregivers with an overview of anxiety and low mood in children & youth. Participants will learn practical strategies and tools to support their child in managing anxiety and low mood. Participants will also be introduced to additional child & youth mental health resources.