



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

Emotion Coaching

Wed., Sept. 24, 2025 6:30 – 8:00 p.m. **OR** Wed., Nov. 26, 2025 6:30-8:30 p.m.

Register at: <https://events.teams.microsoft.com/event/393a52ff-c49d-46a4-9ccb-d244463cbd42@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, 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. Participants will be introduced to the SPACE approach (Supportive Parenting for Anxious Childhood Emotions), and how to respond to their child's 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.