

EMOTION COACHING WEBINAR FOR PARENTS AND CAREGIVERS

Hamilton-Wentworth District School Board, Hamilton-Wentworth Catholic District School Board, and Hamilton Family Health Team invite parents and caregivers to explore Emotion Coaching in a 90-minute webinar, and if interested, a 6-week parent/caregiver group for further learning.

WHAT IS EMOTION COACHING?

Emotion Coaching is a communication strategy that can calm the brain in as little as 60 seconds and help improve relationships. Emotion Coaching has two steps:

VALIDATION: Letting someone know we are trying to understand why they feel, think, or act a certain way.

SUPPORT: Then, we provide emotional and practical support using strategies like reassurance, limit-setting, redirecting, collaborative problem-solving, teaching skills, etc.

LEARNING IN WEBINARS

- Introduction to Emotion Coaching and how it can improve relationships with your loved one
- Understanding the role of emotions
- Linking Emotion Coaching to neuroscience
- Reviewing Emotion Coaching approaches
- Participating in experiential learning and exercises

TO REGISTER FOR ONE OF THE 90 MINUTE WEBINARS:

DATE	TIME	LINK TO REGISTER
Monday January 27 th	6:30pm - 8 p.m	https://events.teams.microsoft.com/event/1b358607-c25d-4725-9358-05b112f372a0@7afeaf6a-b1be-4c83-a974-c43a8b215634
Thursday February 27 th	9:30am - 11am	https://events.teams.microsoft.com/event/dc88581f-adc9-4d78-9f41-910582ef8639@7afeaf6a-b1be-4c83-a974-c43a8b215634
Tuesday March 25 th	6:30pm - 8pm	https://events.teams.microsoft.com/event/528b120c-6e25-45ff-8254-524eba39516a@7afeaf6a-b1be-4c83-a974-c43a8b215634

TO REGISTER FOR THE SIX-WEEK PARENT/CAREGIVER GROUP:

Please call the Hamilton Family Health Team, Mental Health Group/line at Phone: 905 667-4852

**We encourage caregivers to participate in a webinar before joining the caregiver group, however it is not required.*