



January to June 2026 Webinars for Parents & Caregivers
Presented by HWDSB Social Work Services

Emotion Coaching

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. **Monday, February 2, 2026 6:00 – 7:30 p.m.**

Register at: [Winter 2026 Introduction to Emotion Coaching for Parents & Caregivers Webinar](#)

Reaction to Action

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 12 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. **Thursday, February 5, 2026 6:00 – 7:00 p.m.**

Register at: [Winter 2026 Reaction to Action: A Webinar for Parents and Caregivers of Anxious Children](#)

The Parent & Caregiver's Toolkit:

Managing Anxiety and Low Mood in Children & Youth

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. . **The date and time for this webinar has not yet been confirmed.**

To Join our waitlist for the next webinar, please register at: [Spring 2026 The Mental Health Toolkit: Managing Anxiety and Low Mood in Children and Youth Waitlist](#)