

# 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
November 14, 2024	6:30 – 8 p.m.	<a href="#"><u>Emotion Focused Webinar for Parents and Caregivers Registration</u></a>

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

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

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



# HWDSB