

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
Jan. 25, 2024	6:30 - 8 p.m.	hwdsb.info/emotion-coaching-jan25
Feb. 14, 2024	9:30 - 11 a.m.	hwdsb.info/emotion-coaching-feb14
Feb. 21, 2024	6:30 - 8 p.m.	hwdsb.info/emotion-coaching-feb21
March 20, 2024	6:30 - 8 p.m.	hwdsb.info/emotion-coaching-march20

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.