

# EMOTION COACHING FOR PARENTS AND CAREGIVERS

As we continue to face the realities of living through a pandemic and returning back to school following winter break, we know that this can be a challenging time for parents and caregivers supporting children and youth through new routines and uncertainties.

In response, 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 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 child/youth
- Understanding the role of emotions
- Linking Emotion Coaching to neuroscience
- Reviewing Emotion Coaching approaches

## TO REGISTER FOR ONE OF THE 90 MINUTE WEBINARS:

DATE	TIME	LINK TO REGISTER
Jan 18, 2023	9:30am-11:00am	<a href="https://hwdsb.info/EC-Jan18">hwdsb.info/EC-Jan18</a>
Feb 9, 2023	6:30pm-8:00pm	<a href="https://hwdsb.info/EC-Feb9">hwdsb.info/EC-Feb9</a>
March 7, 2023	3:30pm-5:00pm	<a href="https://hwdsb.info/EC-Mar7">hwdsb.info/EC-Mar7</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.