

EMOTION COACHING FOR PARENTS AND CAREGIVERS

The pandemic has increased stress for children and youth – and this has challenged the parents and caregivers who support them.

In response, the Hamilton-Wentworth District School Board, the Hamilton-Wentworth Catholic District School Board, and the 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, including resistance
- Linking Emotion Coaching to neuroscience
- Reviewing Emotion Coaching approaches

TO REGISTER FOR ONE OF THE 90 MINUTE WEBINARS:

DATE	TIME	LINK TO REGISTER
March 3, 2022	6:30pm-8:00pm	hwdsb.info/EC-Mar3
March 30, 2022	6:30pm-8:00pm	hwdsb.info/EC-Mar30
April 14, 2022	12:00pm-1:30pm	hwdsb.info/EC-Apr14
April 26, 2022	6:30pm-8:00pm	hwdsb.info/EC-Apr26

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.