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:

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<th>DATE</th>
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<th>LINK TO REGISTER</th>
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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.