

# 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
Jan 26, 2022	3:30pm-5:00pm	<a href="https://hwdsb.info/EC-Jan26">https://hwdsb.info/EC-Jan26</a>
Feb 1, 2022	12:00pm-1:30pm	<a href="https://hwdsb.info/EC-Feb1">https://hwdsb.info/EC-Feb1</a>
Feb 10, 2022	6:30pm-8:00pm	<a href="https://hwdsb.info/EC-Feb10">https://hwdsb.info/EC-Feb10</a>
Feb 15, 2022	9:30am-11:00am	<a href="https://hwdsb.info/EC-Feb15">https://hwdsb.info/EC-Feb15</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.