

# PARENTING THROUGH STRONG EMOTIONS



**WHAT IS IT?** A four-part caregiver series.

**FOR WHO?** Any caregiver looking for tools to support the children in their care.

**WHEN?** Wednesdays from 6:00-7:30 pm

**WHERE?** 1294 3<sup>rd</sup> Avenue (downstairs in the Intersect building)

**HOW?** Just show up at Session 1. No registration required.

*\*\*please contact us prior if using stairs is a challenge for you so we can make accommodations\*\**

**Session 1 dates: October 2<sup>nd</sup> or November 6<sup>th</sup>, 2019.**  
**January 8<sup>th</sup> or February 5<sup>th</sup>, 2020.**

## **Series Topics:**

SESSION # 1 - What's going on with my kid?

**MUST ATTEND SESSION # 1 PRIOR TO OTHER SESSIONS**

SESSION # 2 - What is emotion coaching?

SESSION # 3 - What's getting in our way?

SESSION # 4 - What about behavior?

<https://www.mentalhealthfoundations.ca/parent-coaching>

<http://www.intersect.bc.ca/>

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