

EMOTION COACHING YOUR ANXIOUS CHILD

This program will assist you in understanding the role emotions play in your child's life, how to coach your child to become aware of their emotions and regulate their upset feelings more effectively.

Caregivers will learn about anxiety, how it effects the body, and how to manage challenging behaviors and support more positive thinking.

What You Need to Know

Virtual group on Zoom

Dates: Monday April 4—May 16

Times: Monday evenings 5—6:30 pm

Who: Caregivers of Elementary Age Students

Presenters: Colleen McCutcheon and Shelly Hassall

To register please email:

colleen.mccutcheon@gov.bc.ca

RESOURCES

www.mentalhealthfoundations.ca

www.anxietycanada.com

keltymentalhealth.ca

<https://>

www.albertafamilywellness.org/

Books

Raising an Emotionally Intelligent
Child

The Whole Brain Child

No Drama Discipline

Hold on to Your Kids

Emotion Coaching: The Heart of
Parenting