

Has the pandemic increased stress for the child or youth in your home?

Has it been challenging for you as parents and caregivers to support them?

If so, we invite you to an Emotion Coaching Webinar presented by HWCDSB Social Workers, Mrs. Sylvia Bin and Mrs. Natalie Holmes.

When: Tuesday, May 10th

Time: 7:00- 8:30 p.m.

Click on the link below to join the webinar:

[Join conversation \(microsoft.com\)](#)

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 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.*

The Emotion Coaching program is presented in partnership with:



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Hamilton Family Health Team
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