

EMOTION COACHING FOR PARENTS AND CAREGIVERS

The pandemic has increased stress for children and youth – and this has challenged the caregivers who support them.

In response, Hamilton-Wentworth District School Board (HWDSB), Hamilton-Wentworth Catholic District School Board (HWCDSB) and the Hamilton Family Health Team (HFHT) invite caregivers to explore Emotion Coaching in a series of 90-minute webinars and/or a four-week parent/caregiver group.

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.

TO REGISTER FOR ONE OF THE 90 MINUTE WEBINAR

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| May 6, 2021 | 6:30pm | bit.ly/ECCaregiverWebinarMay6 |
| May 13, 2021 | 1:00pm | bit.ly/ECCaregiverWebinarMay10 |
| May 27, 2021 | 6:30pm | bit.ly/ECCaregiverWebinarMay27 |
| June 2, 2021 | 9:00am | bit.ly/ECCaregiverWebinarJune2 |

TO REGISTER FOR THE FOUR-WEEK CAREGIVER GROUP*

Please call the Hamilton Family Health Team, Mental Health Groups line

905-667-4852

*We encourage caregivers to participate in a webinar before joining the caregiver group, however it is not required.