

As with all of our programs, registration is required. Our groups and workshops are open families living in York Region. If you are receiving services from York Hills, please connect with your clinical worker to register through them.



Register at  
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**MANY FACES OF ANXIETY - UNDERSTANDING AND SUPPORTING CHILDREN WHO LIVE WITH WORRY**

**Monday, April 20, 2020  
6:30 PM — 8:30 PM**

The goal of this workshop is to provide valuable information to support caregivers of children and adolescents who experience anxiety. Topics include: Understanding different types of anxiety, causes, how the mind and brain are connected, coping strategies for caregivers; and what caregivers can do to help.

**Webinar**

**COGNITIVE BEHAVIOURAL STRATEGIES TO REDUCE STRESS DURING COVID 19**

**Thursday , April 30, 2020  
1:00 PM — 3:00 PM**

This webinar will examine cognitive-behavioural strategies for promoting parent and child well-being during COVID-19. Cognitive-behavioural approaches are based on evidence-based therapy that help us learn how to cope with difficulties like anxiety by understanding how our feelings, thoughts, and behaviours are related.

**Webinar**

Practical tips in identifying emotions and thought patterns will be provided, as well as various relaxation tools. The goal of this webinar is to provide families with foundational skills to stay resilient in the face of stress experienced during COVID-19 and beyond.

**CONSCIOUS PARENTING – RAISING TEENS**

**Thursday April 30, 2020  
6:30 PM — 8:30 PM**

This workshop will provide an opportunity for parents to better understand their adolescent, and their role as parents. During our time together we will explore questions such as: How do I see myself as a parent? Why do I choose to parent the way I do? We will also look at what our triggers are and our reactions to these triggers. Conscious parenting includes awareness of ourselves as individuals, as parents, and of our teenage child. We will look at the developmental period of adolescence and the specific factors that distinguish it from other developmental periods. The aim of this workshop is to introduce you to the concepts of conscious parenting. It is an invitation to become more aware, reflective, understanding and deliberate in the relationship with your child.

**Webinar**

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**CHILDREN'S MENTAL HEALTH WEEK SPECIAL PRESENTATION**  
**THE POWER OF SLEEP BY DR. BEVERLY DAVID**

**Tuesday May 5, 2020**  
**6:30 PM — 8:30 PM**

Dr. Beverly David is a clinical psychologist who loves Sleep! She has spent her career researching and supporting others to understand and develop strategies to improve their quality of sleep. Please join us for this exciting webinar to further understand the power of sleep and its relationship to mental health for both parents and their children.

**Webinar**

- Understanding sleep and its purpose
- The cost and consequences of poor sleep
- The relationship between sleep and mental health.
- Why we lose it and how to get it back.
- An overview of Cognitive Behavioural Therapy for Insomnia (CBT-I)
- Practical strategies to improve sleep.

**CHILDREN'S MENTAL HEALTH WEEK SPECIAL PRESENTATION**  
**SUPPORTING CHILDREN'S MENTAL WELLNESS.**

**Thursday May 7, 2020**  
**6:30 PM — 8:30 PM**

Challenging and stressful times in our lives require us to be increasingly flexible in order to meet the needs of our children. It is important that we, as parents and caregivers, are able to create structure and balance for our children in a way that supports their emotional wellness, particularly during unstructured time at home.

**Webinar**

This webinar will explore how to support a healthy lifestyle balance, and will provide parents and caregivers with practical, evidence-based strategies to support their children's mental wellness at home.

**POSITIVE CONNECTIONS – HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE**  
**WAYS**

**Monday May 11, 2020**  
**6:30 PM — 8:30 PM**

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their children, and will gain a solid understanding of how, why and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

**Webinar**

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### SIBLING RIVALRY TO SIBLING RELATIONSHIP

Tuesday May 12, 2020  
6:30 PM — 8:30 PM

Come and learn! This workshop will discuss what sibling rivalry is, what causes it, and what parents can do to build and strengthen this important relationship.

Webinar

- Explore the meaning of 'fairness' from a child's perspective, and learn how to handle each child's feelings.
- Learn how to respond to challenging behaviours, and how to balance the parental role of being a 'coach and a referee'.
- Learn the value of 'cooling off time', and teach your children to use 'quiet spaces' for calming and learning to work together with a sibling to problem solve.
- Learn ways to encourage positive and respectful sibling relationships.
- Learn additional ways to cope and manage when one/both siblings have mental health challenges.

### PARENTING DURING CHALLENGING TIMES

Tuesday May 19, 2020  
6:30 PM — 8:30 PM

These uncertain times have disrupted our daily work, home and school routines. When we are experiencing difficulties and extraordinary challenges it can make all aspects of our lives a lot harder, including parenting. Learn strategies to help you build resilience and parent effectively while coping with uncertainty, anxiety and fear. Various approaches for managing your child's social and emotional adjustment to the new (temporary) normal will be explored. This workshop will:

Webinar

- Encourage the use of various methods to help manage the anxiety in your child's life.
- Explore ways to keep your child engaged during their time at home.
- Suggest useful tools that will help to answer children's questions effectively.
- Propose various ways to take care of yourself and embrace self compassion

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### **RIDE THE WAVE - DEVELOPING MINDFUL PRACTICES AND COPING SKILLS**

Have you noticed an increase in stress levels and an influx of emotional regulation skills in your household during these challenging times? Being housebound can definitely have an impact on our thoughts, emotions and actions. As the days are turning into weeks and likely months, both our physical and emotional well - being is being challenged. This webinar will demonstrate a variety of coping strategies and informal mindfulness practices to help us ride the emotional waves that come and go each day. The aim is to provide participants with a variety of mindful coping strategies that can help us to: Pause, observe our body's physical sensations, thoughts and emotions, problem solve, and respond to everyday challenges in a positive and thoughtful way.

**Wednesday May 20, 2020**  
**6:30 PM — 8:30 PM**

**Webinar**

### **PLUGGED IN – TIPS AND STRATEGIES FOR MANAGING SCREEN TIME**

Does screen time in your home ever feel like scream time? Is it hard to get your children unplugged? If you answered yes, the Plugged In workshop is for you. Topics include: Guidelines for healthy screen time use, understanding how screen time effects the brain, how your own technology use impacts children, and strategies for managing screen time.

**Thursday May 28, 2020**  
**6:30 PM — 8:30 PM**

**Webinar**

### **TRIPLE P SEMINAR SERIES - POSTIVE PARENTING**

Power of Positive Parenting seminars are a series of three workshops for parents of children birth to 12 years of age. Kids don't come with an instruction manual! Many familiar parenting problems have very simple solutions that can be applied with some effort and focus. Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

**Seminar #2**  
**Tuesday April 21, 2020**  
**6:30 PM — 8:30 PM**

**Seminar #3**  
**Tuesday April 28, 2020**  
**6:30 PM — 8:30 PM**

#### **Seminar # 2 - Raising Confident and Competent Children**

This seminar focuses on encouraging respect and cooperation, learning to be independent, developing healthy self esteem and learning how to be a good problem solver.

**Seminar #1** was completed  
prior to COVID 19.

**Webinar**

#### **Seminar #3 - Raising Resilient Children**

This seminar focuses of: learning strategies to help build positive feelings in your child and help your child recognize and accept feelings, deal with negative feelings and upsetting stressful life events.

