



Triple P Parenting Seminar

Managing Negative Self-Talk

As children grow and develop they form views of themselves as a person, their value as an individual, and how good they are at doing things. This view of their self-worth is called self-esteem.

Children can sometimes believe negative things about themselves and may say negative thing about themselves.

It can be hard to hear your child talk this way about themselves, but you can support them to manage it so they can work through their feelings.

This session will focus on:

- Helping your child manage their negative self-talk.

REGISTER today!

Parents, Grandparents and Caregivers!

Join us to share, learn and build a school culture where mental health and well-being is valued and promoted.

Date: Thursday, April 7, 2022

Time: 10:00 a.m. – 11:30 a.m.

Location: Zoom Link will be provided

Facilitator: Uma Bhatt, R.S.W.
York Hills Centre for Children, Youth and Families

More Information:

Oksana Majaski
Community & Partnership Developer
Oksana.majaski@yrdsb.ca

This free Parent Presentation is brought to you in partnership with York Hills Centre for Children, Youth and Families and York Region District School Board

