

# ONLINE PARENTING PROGRAMS SPRING/SUMMER 2022

Register Now!

[www.communityhealthteams.ca](http://www.communityhealthteams.ca)

Please have your child's health card number on hand for registration  
Each parent who wants to attend any of the sessions must register individually

## SELF-COMPASSION FOR PARENTS

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our role as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives.

Thursday - July 14, 12:00 - 1:00 pm



## INCREDIBLE YEARS - SCHOOL AGE -12 WEEK PROGRAM

This program focuses on improving your child's social and emotional skills, and reducing behaviour problems. **It is for parents of children who are 6-12 years old.**

Tuesdays - May 3 to July 19, 9:30 - 11:30 am

## HANDLE WITH CARE - 6 WEEK PROGRAM

This program is designed to help parents and caregivers promote the mental health of youth children from **birth to 6 years old**. Topics include: trust and healthy attachment, promoting self-care and self-esteem, expressing emotions, and building relationships with others.

Tuesdays - May 24 to June 28, 9:30 - 11:30 am

## MY CHILD IS ANXIOUS. SHOULD I WORRY? 2 WEEK PROGRAM

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. **For parents and caregivers of children up to 12 years old.**

Tuesdays - May 12 & May 19, 10:00 - 11:30 am



All programs offered for free via Zoom for Healthcare by

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## INTRODUCTION TO PARENTING YOUR TEENAGER

Learn to better understand your teen and how their brain works as well as practicing skills to improve communication to help your family run more smoothly.

**Tuesday - July 12, 11:30am - 1:00 pm**



## PARENT/CAREGIVER 101 SERIES: BEHAVIOUR, MEALTIME, AND TOILETING

The following programs are offered by our IWK partners.  
Register for one or all three sessions. To register, email [Angela.Samson@iwk.nshealth.ca](mailto:Angela.Samson@iwk.nshealth.ca)

### BEHAVIOUR 101

You will learn the basics of why unwanted behaviours happen and how to implement simple positive behaviour support strategies to help prevent them.

**Tuesday - May 17**

6:00 - 7:30 pm

**Wednesday - June 15**

6:00 - 7:30 pm

### MEALTIME 101

We will discuss healthy mealtime habits, how to introduce new foods and a variety of foods, plus lots of tips and tricks to keep your child smiling at the table.

**Tuesday - May 24**

6:00 - 7:30 pm

**Thursday - June 23**

6:00 - 7:30 pm

### TOILETING 101

We will discuss considerations and supports to help set your child up for toilet training success.

**Tuesday - May 31,**

6:00 - 7:30 pm

**Thursday - June 30,**

6:00 - 7:30 pm

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