

If you are receiving services from York Hills, please connect with your clinical worker to register for one of the workshops.



Register at
www.yorkhillscentre.eventbrite.com
or scan the barcode!

COGNITIVE BEHAVIOURAL STRATEGIES TO REDUCE STRESS DURING COVID 19

(Dr. Marina Heifetz - Clinical Child Psychologist)

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.

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.

Thursday
July 9, 2020
2:00 PM — 4:00 PM
Zoom Webinar

PARENTING TRAPS AND STRATEGIES—SMALL CHANGES, BIG DIFFERENCES

(Uma Bhatt - Community Outreach Worker)

This workshop is informed by the evidence based parenting program Triple P. While parents hope to have positive relationships with their children, these relationships can sometimes be difficult to navigate when power struggles and challenging behaviours are encountered.

Come and learn about how to identify and respond to children in order to avoid power struggles, and develop strategies that will work for your family.

Tuesday
July 14, 2020
6:30 PM — 8:30 PM
Zoom Webinar

SIBLING RIVALRY TO SIBLING RELATIONSHIP

(Uma Bhatt - Community Outreach Worker)

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.

Tuesday
July 21, 2020
6:30 PM — 8:30 PM
Zoom 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.



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PLUGGED IN – TIPS AND STRATEGIES FOR MANAGING SCREEN TIME

(Lorraine Panabaker and Gina Degalas - Child and Family Therapists)

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
July 23, 2020
6:30 PM — 8:30 PM
Zoom Webinar

UNDERSTANDING OBSESSIVE COMPULSIVE DISORDER

(Dr. Jared Berger—Clinical Child Psychologist)

Dr. Jared Berger will provide information to caregivers of children and adolescents who experience OCD. The aim is to increase understanding of how OCD presents in children and adolescents, its impact on the family, and provide some helpful resources.

Monday
July 27, 2020
4:00 PM — 5:00 PM
Zoom Webinar

BRINGING YOUR FAMILY INTO FOCUS — PARENTING CHILDREN WITH ATTENTIONAL DIFFICULTIES.

(Laurie Blow, Rick Rotchild and Jay Upadhyaya - Intensive Child and Family Workers)

The goal of this workshop is to provide information to support parents/caregivers of children and adolescents who experience challenges with focusing, attention, and managing impulsivity. The workshop will cover: What ADHD is and what it is not, how living with ADHD impacts your child and family, and will provide strategies to assist in managing and coping

Wednesday
August 5, 2020
6:30 PM — 8:30 PM
Zoom Webinar

MINDFUL PARENTING—BUILDING RESILIENCY IN CHILDREN, YOUTH AND FAMILIES ONE MOMENT AT A TIME (Dr. Marina Heifetz - Child Psychologist)

This webinar introduces participants to mindfulness and addresses various parenting strategies with an emphasis on being a mindful parent, including:

- * Practical tips for raising healthy, happy children, and how to address every day challenges.
- * An introduction to mindfulness and mindful parenting in order to strengthen parent-child relationships and communication.
- * A demonstration of mindfulness exercises that aim to assist parents/caregivers in developing greater insight and understanding of themselves and their children.

Wednesday
August 12, 2020
4:00 PM — 6:00 PM
Zoom Webinar

UNDERSTANDING AND SUPPORTING CHILDREN WHO EXPERIENCE BEING BULLIED DISCUSSION

(Uma Bhatt - Community Outreach Worker)

Is your child being bullied? Does your child bully others? Being bullied can be a very disturbing and often traumatic experience for children and their families. Come and learn what bullying behaviour is, how to recognize signs and symptoms indicating that a child may be bullied, or is engaging in bullying behaviour. Learn how to support, and empower your child.

Tuesday
August 18, 2020
6:30 PM — 8:30 PM
Zoom Webinar

