

EMOTION COACHING YOUR ANXIOUS CHILD

This program will assist you in understanding the role emotions play in your child's life, how to coach your child to become aware of their emotions and regulate their upset feelings more effectively.

Caregivers will learn about anxiety, how it effects the body, and how to manage challenging behaviors and support more positive thinking.

What You Need to Know

Virtual group on Zoom

Dates: Tuesdays February 7—March 7, 2023

Times: Tuesday evenings 6:30—8 pm

Who: Caregivers of Elementary Age Students

Presenters: Colleen McCutcheon

To register please email:

colleen.mccutcheon@gov.bc.ca

RESOURCES

www.mentalhealthfoundations.ca
www.anxietycanada.com
keltymentalhealth.ca
www.albertafamilywellness.org/

Books

Raising an Emotionally Intelligent
Child
The Whole Brain Child
No Drama Discipline
Hold on to Your Kids
Emotion Coaching: The Heart of