

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

REGISTRATION IS REQUIRED ON EVENBRITE
CLICK [HERE](#) FOR MORE INFORMATION
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CALMING STORMY WATERS– SUPPORTING CHILDREN THROUGH SEPARATION AND DIVORCE (Jo Allison- Child and Family Therapist and Jelum Raval- Child and Family Therapist)

Are you worried about how separation or divorce is affecting your children? Would you like to minimize your children’s exposure to conflict and strengthen their resiliency?

Are you looking for ways to deal with stress in co-parenting relationships?

In this workshop you will learn how to: Improve communication and decrease stress, manage upset emotions, strengthen and grow relationships with your children, and develop positive approaches to parenting that will support your children’s emotional health.

Wednesday
June 10, 2020
6:30 PM — 8:30 PM
[Zoom Webinar](#)

CONSCIOUS PARENTING – RAISING TEENS (Abner Lico- Child and Family Therapist)

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.

Wednesday
June 17, 2020
6:30 PM — 8:30 PM
[Zoom Webinar](#)

BRINGING YOUR FAMILY INTO FOCUS — PARENTING CHILDREN WITH ATTENTIONAL DIFFICULTIES. (Laurie Blow,-Intensive Child and Family Worker, Rick Rotchild—Intensive Child and Family Worker and Jay Upadhyaya -Intensive Child and Family Worker)

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 when your child struggles with attentional difficulties.

Thursday
June 18, 2020
6:30 PM — 8:30 PM
[Zoom Webinar](#)

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RIDE THE WAVE - DEVELOPING MINDFUL PRACTICES AND COPING SKILLS

(Karen McKinney - Community Outreach Worker)

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.

Monday
June 22, 2020
6:30 PM — 8:30 PM
Zoom Webinar

AUTISM, MENTAL HEALTH AND MINDFULNESS: PERSONAL, CLINICAL AND RESEARCH PERSPECTIVE

(Dr. Marina Heifetz - Child Psychologist, Dr. Brianne Redquest and Sue Hutton, Social Worker at CAMH)

Autism is a lifelong developmental disorder that often co-occurs with other mental health difficulties, such as anxiety and depression. This webinar will help us to better understand the mental health challenges that people with Autism may experience and the strategies and supports that have shown effectiveness for these individuals and their families. Learn about coping with stress from a family's perspective, as well as the innovative research from clinicians and researchers at CAMH on how virtual mindfulness programs can be a powerful tool to support the mental health of families with individuals with Autism.

Wednesday
June 24, 2020
4:00 PM — 5:30 PM
Zoom Webinar

PARENTING DURING CHALLENGING TIMES (Nathalie Gonsalves - Community Outreach Worker)

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:

- 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

Thursday
June 25, 2020
6:30 PM — 8:30 PM
Zoom Webinar



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MANY FACES OF ANXIETY - UNDERSTANDING AND SUPPORTING CHILDREN WHO LIVE WITH WORRY (Fiona Jack - Child and Family Therapist and Jeaninne Cairns - Child and Family Therapist)

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.

Monday
June 29, 2020
6:30 PM — 8:30 PM
Webinar

TRIPLE P SEMINAR SERIES - POSITIVE PARENTING (Uma Bhatt - Community Outreach Worker)

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 # 1 - The Power of Positive Parenting

This seminar focuses on : ensuring a safe engaging environment for children by: creating a positive learning environment, using assertive discipline, having realistic expectations and taking care of yourself as a parent.

Seminar #1
Monday
June 1, 2020
6:30 PM — 8:30 PM
Zoom Webinar

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 #2
Monday
June 8, 2020
6:30 PM — 8:30 PM
Zoom 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.

Seminar #3
Monday
June 15, 2020
6:30 PM — 8:30 PM
Zoom Webinar