

Parenting Workshop

Enhancing Understanding and Connection

A Two Part Series for Parents/Caregivers Supporting Youth Struggling with Mental Health

Workshop 1

Wed, April 1st: 6-8pm

- ◆ Skills for strengthening the relationship with your child
- ◆ Skills for communicating across challenging emotional experiences
- ◆ Learn about the brain during times of intense emotions, and the importance of self-care

Workshop 2

Wed, April 8th: 6-8pm

- ◆ Learn the importance of healthy and secure attachments and its benefits for your child
- ◆ Information about navigating the mental health system as a family



RSVP not required, but appreciated. [Questions? Email: peter.trainor@ctys.org](mailto:peter.trainor@ctys.org)



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**** Open to all parents and caregivers of youth struggling with mental health and emotional distress ****

**** Snacks + refreshments provided**

**** TTC tokens provided**