

Parenting Workshop

Enhancing Understanding and Connection

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

Virtual Workshop 1

Tue, November 30th: 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

Virtual Workshop 2

Tue, December 7th: 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



Please RSVP with your name and email by November 26th to reserve your spot, but latecomers welcome. Email: peter.trainor@ctys.org



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

**** Workshops will be hosted through Zoom platform**