Maltby Centre
Mental Health
Summer Workshops & Groups
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# MENTAL HEALTH WORKSHOP CALENDAR

<table>
<thead>
<tr>
<th>WORKSHOP</th>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Parenting Your Anxious Child (7+) (Virtual)</td>
<td>July 5 &amp; July 12, 2023</td>
<td>9:30AM - 12:30PM</td>
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<tr>
<td></td>
<td>Must attend both</td>
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<tr>
<td>Emotional Regulation for Parenting Adolescents</td>
<td>July 10, 2023</td>
<td>1:00PM - 3:00PM</td>
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<td>(In Person)</td>
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<tr>
<td>Emotional Regulation for Parenting Young Children</td>
<td>July 12, 2023</td>
<td>1:00PM - 2:30PM</td>
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<tr>
<td>(Virtual)</td>
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<tr>
<td>Parenting Through Divorce/Separation</td>
<td>July 18, 2023</td>
<td>6:00PM-7:30PM</td>
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<tr>
<td>(Virtual)</td>
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<tr>
<td>Effective Communication &amp; Consequences</td>
<td>August 2, 2023</td>
<td>12:00PM - 1:30PM</td>
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<tr>
<td>(Virtual)</td>
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<tr>
<td>Incentives &amp; Positive Reinforcement</td>
<td>August 9, 2023</td>
<td>5:00PM - 6:30PM</td>
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<td>(In Person)</td>
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MENTAL HEALTH WORKSHOP DESCRIPTIONS

Parenting Your Anxious Child 7+
This workshop for parents of children 7 – 18 is designed to:
• Explore what anxiety is and how it could impact your children/youth
• Teach parenting strategies to help support your children/youth manage anxiety

Emotional Regulation for Parenting Young Children 0 - 6
This workshop for parents of children 0 – 6 is designed to:
• Teach relationship-based approaches and strategies to manage intense emotions
• Help caregivers understand the connection between development and emotional regulation
• Explore how caregivers can support their young children with emotional regulation

Emotional Regulation for Parenting Adolescents 11 - 18
This workshop for parents of adolescents 11 – 18 is designed to:
• Teach about adolescent development
• Help caregivers understand how your emotional regulation as parents impacts your adolescent
• Explore how to support your adolescent through communication they understand

Parenting Through Divorce/Separation
This workshop for parents of children 0 – 18 is designed to:
• Discuss effects of divorce/separation on children/youth
• Teach you how to talk to your children/youth about divorce/separation
• Help your children/youth through a divorce/separation
MENTAL HEALTH WORKSHOP DESCRIPTIONS

Effective Communication and Consequences

This workshop for parents of children 6 – 12 is designed to:
- Improve your communication
- Explore strategies around listening skills, giving directions and following through
- Teach how to deliver effective consequences

Incentives & Positive Reinforcement

This workshop for parents of children 0 – 12 is designed to:
- Increase caregivers’ knowledge about positive reinforcement and why it’s important
- Explore different types of reinforcement and incentives
- Introduce strategies to implement incentives and rewards at home