



Navigating through Negative Self-Talk

Let's talk about it!

Children do not 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.

March 8, 2023 | 10:00 a.m. – 11:30 a.m.

We welcome parents, guardians, caregivers and community members to attend this virtual session!

Register Today!

It can be hard to hear your child talk negatively about themselves, but you can support them to manage it so they can work through their feelings.

This session will focus on how to ensure a safe and engaging environment for children with strategies to:

- Learn how to help your child/tween
- Understand and manage their emotions
- Learn to apply reasons and logic
- Learn to self-evaluate and seek help when required

Facilitator: Uma Bhatt, R.S.W. York Hills Centre for Children, Youth and Families



This free presentation for parents and caregivers is brought to you through a collaborative partnership with York Region District School Board and York Hills Centre for Children, Youth and Families.

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