

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



Register at  
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or scan the barcode!

**BRINGING YOUR FAMILY INTO FOCUS — PARENTING CHILDREN WITH ATTENTIONAL DIFFICULTIES.**

(Laurie Blow and Rick Rotchild - Intensive Child and Family Workers)

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.

**Tuesday**  
**November 10, 2020**  
**6:30 PM — 8:30 PM**  
**Zoom Webinar**

**UNDERSTANDING AND SUPPORTING CHILDREN WHO EXPERIENCE BEING BULLIED DISCUSSION**

(Uma Bhatt - Community Outreach Worker)

Is your child being bullied? Does your child bully others? Being bullied can be a very disturbing and often traumatic experience for children and their families. Come and learn what bullying behaviour is, how to recognize signs and symptoms indicating that a child may be bullied, or is engaging in bullying behaviour. Learn how to support, and empower your child.

**Tuesday**  
**November 17, 2020**  
**6:30 PM — 8:30 PM**  
**Zoom Webinar**

**POSITIVE CONNECTIONS— HOW TO RESPOND TO YOUR CHILD IN POSITIVE AND EFFECTIVE WAYS**

(Larisa Levalds - Child and Family Therapist, Cindy Inacio – 0-6 Worker, Vibhuti Bhatt—Speech and Language Pathologist)

This workshop is for parents/caregivers who are looking for new ways to connect with their child(ren) aged 0—6. Caregivers will learn how to connect with their child(ren), and will gain a solid understanding of how, why, and when connections are optimal in order to overcome behavioural challenges that child(ren) may be experiencing.

**Thursday**  
**November 19, 2020**  
**1:00 PM — 3:00 PM**  
**Zoom Webinar**

**SIBLING RIVALRY TO SIBLING RELATIONSHIP (Uma Bhatt - Community Outreach Worker)**

Come and learn! This workshop will discuss what sibling rivalry is, what causes it, and what parents can do to build and strengthen this important relationship.

- Explore the meaning of ‘fairness’ from a child’s perspective, and learn how to handle each child’s feelings.
- Learn how to respond to challenging behaviours, and how to balance the parental role of being a ‘coach and a referee’.
- Learn the value of ‘cooling off time’, and teach your children to use ‘quiet spaces’ for calming and learning to work together with a sibling to problem solve.
- Learn ways to encourage positive and respectful sibling relationships.
- Learn additional ways to cope and manage when one/both siblings have mental health challenges.

**Tuesday**  
**November 24, 2020**  
**6:30 PM — 8:30 PM**  
**Zoom Webinar**



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**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  
November 26, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

**UNDERSTANDING THE BRAIN AND BEHAVIOUR DEVELOPMENT IN CHILDREN WITH AUTISM SPECTRUM DISORDER** (Neil Walker - Compass Manager)

This webinar will assist in understanding the brain development of children with Autism Spectrum Disorder, and will explain the cause of behaviours commonly experienced. Participants will learn strategies that can be used to support and manage the challenges that children with ASD often face.

Wednesday  
December 2, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

**UNDERSTANDING AND MANAGING CHALLENGING BEHAVIOURS** (Angie Chan and Vanessa Suarez - Child and Family Therapists)

Understanding challenging behaviours and where they stem from is the first step to being able to better manage them. This workshop will focus on how behaviours function in a child's brain and will explore the use of tools within the parent/child relationship to manage challenging behaviours.

Monday  
December 7, 2020  
6:30 PM — 8:30 PM  
Zoom Webinar

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