

APRIL 2023 MENTAL HEALTH WORKSHOP SCHEDULE



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Maltby Centre is offering the following online workshops for parents and caregivers in Kingston, Frontenac, Lennox and Addington!

The following is the schedule of our workshops for March 2023. A description of each workshop is available after the calendar. Please see the description for information on how to register.

Parenting Through Divorce/Separation Virtual	Wednesday, April 5, 2023	12:00PM - 1:30PM
COPE In Person NAPANEE	Thursdays April 6 - May 25, 2023	10:00AM - 12:00PM
What's Important to Know About ADHD In Person	Wednesday, April 19, 2023	1:00PM - 2:30PM
Parenting Your Anxious Child In Person	Two Sessions Thursdays, April 20 & 27, 2023	5:00PM - 7:30PM
Emotional Regulation for Parenting Young Children In Person	Saturday April 22, 2023	9:00AM - 11:00AM
Visuals to Help Support Emotional Regulation In Person	Saturday April 22, 2023	1:00PM - 3:00PM
Emotional Regulation for Parenting Adolescent Children Virtual	Thursday, April 27, 2023	12:00PM - 2:00PM



WORKSHOP DESCRIPTIONS

Parenting Through Divorce/Separation

This 1 session workshop for parents of children 0-18 is designed to:

- Discuss effects of divorce on children
- Teach you how to talk to your children about divorce
- Help your child through a divorce

COPE - Community Parent Education Program

This 7 session workshop series for parents of children 6 - 12 is designed to:

- Improve on existing parenting skills
- Build problem solving skills
- Improve relationships and family functioning
- Develop supportive personal networks
- Increase knowledge of local resources

What's Important to Know About ADHD

This 1 session workshop for parents of children 6 - 18 is designed to:

- Understanding what is ADHD
- Dispelling myths about ADHD
- Discussing strategies that can assist children diagnosed with ADHD

Parenting Your Anxious Child

This 2 session workshop series for parents of children 7+ is designed to:

- Offer insights into what anxiety is
- Offer insights into why our children and teens are having difficulty
- Offer insights into what can we do to help them better learn to manage their anxiety

Emotional Regulation for Parenting Young Children

This 1 session workshop for parents of children 0 - 6 is designed to:

- Learn relationship-based approaches and strategies to manage intense emotions
- Understand the connection between development and emotional regulation
- Discuss how caregivers can support their young children with emotional regulation

Visuals to Help Support Emotional Regulation

This 1 session workshop for parents of children 0 - 6 is designed to:

Join our Young Children's team to create visuals that will assist with Emotional Regulation support for your young children. All supplies are provided.

Emotional Regulation for Parenting Adolescents

This 1 session workshop for parents of adolescents 11 - 18 is designed to:

- Learn about youth development
- Understand how your emotional regulation as parents impacts your youth
- Learn how to support your youth through communication they understand