

# APRIL 2023 MENTAL HEALTH WORKSHOP SCHEDULE





# APRIL 2023

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
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