

MAY 2023 MENTAL HEALTH WORKSHOP SCHEDULE



MAY 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 May 2023. A description of each workshop is available after the calendar. Please see the description for information on how to register.

Effective Communication & Consequences Virtual	Monday, May 1, 2023	6:00PM - 7:30PM
All of the Feels: Managing Big Emotions In Person SHARBOT LAKE	Saturday, May 6, 2023	9:00AM - 3:00PM
Incentives & Positive Reinforcement In Person	Saturday, May 13, 2023	9:00AM - 11:00AM
Parenting Through Divorce/Separation In Person	Saturday, May 13, 2023	1:30PM - 3:30PM
Emotional Regulation for Parenting Young Children In Person	Wednesday, May 17, 2023	9:00AM - 11:00AM
Parenting Your Anxious Child (7+)	Saturday, May 27, 2023	9:00AM - 3:00PM



WORKSHOP DESCRIPTIONS

Effective Communication & Consequences

This 1 session workshop for parents of children 6 - 12 is designed to:

- Improve your communication
- Explore strategies around listening skills, giving directions and following through
- Learn how to deliver effective consequences

All of the Feels: Managing Big Emotions

This 1 session group for children 10-14

- Join Maltby, RFCS, IIPCT for a hands-on workshop to learn new ways to manage Anger, Sadness, Worry and Happiness!
- This workshop will be run in our Sharbot Lake Office.
- Activities include DIY Zen Garden, Pocket Teddy's, White Corn Cookies and teachings from IIPCT! and many more
- Lunch and snacks will be provided!

Incentives & Positive Reinforcement

This 1 session workshop for parents of children 0 - 12 is designed to:

- Increase your knowledge about positive reinforcement
- Explore why it is important
- Introduce strategies to implement incentives and rewards at home
- Explore different types of reinforcement and incentives

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

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

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