

# *Family 2 Family*

Join **Glenrose clinicians** for an **online presentation, tips and resources** on topics that affect quality of life for children and families.

Bring your questions and real-life scenarios!  
**Parents and family caregivers only please**

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## **Advocating with a Positive Perspective**

January 19, 6:30 – 8:00 pm

## **Building Emotional Regulation Skills by Strengthening the Parent-Child Connection**

February 15, 6:30 – 8:00 pm

## **Positive Parenting – Support and Strategies Behavior, Self-Esteem and Learning**

March 15, 6:00 – 7:30 pm

## **Anxiety – Helpful or Problematic**

April 20, 6:30 – 8:00 pm

## **Sensory Regulation Strategies and Children with Varying Needs**

May 17, 6:30 – 7:45 pm

**See reverse for session descriptions**

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**For registration or  
to receive upcoming Family 2 Family calendars**

Please call Charlene Prochnau at (780) 735-7999 ext 15578  
or email at [PFRC@ahs.ca](mailto:PFRC@ahs.ca)

## **Advocating with a Positive Perspective**

Advocating for your child and family is an important and demanding role for all parents, particularly when a child has special needs. But how do you learn to advocate? How do you get the most out of the system? Dr. Robin Adkins will lead this presentation on what advocating involves and how to keep a positive perspective.

## **Building Emotional Regulation Skills by Strengthening the Parent-Child Connection**

Monica Naber will focus on how to use your relationship with your child to help them regulate their emotions. We will discuss the importance of attachment and connection, the brain's role in expressing and regulating emotions and specific strategies of how to guide your child's development of emotion regulation skills.

## **Positive Parenting – Support and Strategies**

Cherie St. Pierre will focus on positive parenting strategies that can help with family functioning, managing challenging behavior, supporting the development of positive self-esteem, and increasing availability for learning.

## **Anxiety – Helpful or Problematic?**

Roxanne Dowd will lead this discussion of typical anxiety and signs that your child's anxiety has become unhelpful or problematic. Strategies are provided for caregivers to help children cope with feelings of anxiety.

## **Sensory Regulation Strategies and Children with Varying Needs**

Serina Mah will discuss sensory processing differences, how to recognize the behavioral symptoms and provide strategies to support your child.