

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

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

**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

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.