

# Parenting Workshop

## Enhancing Understanding and Connection

A Two Part Series for Parents/Caregivers Supporting Youth Struggling with Mental Health

### Virtual Workshop 1

Wed, September 30th: 6-8pm

- ◆ Skills for strengthening the relationship with your child
- ◆ Skills for communicating across challenging emotional experiences
- ◆ Learn about the brain during times of intense emotions, and the importance of self-care

### Virtual Workshop 2

Wed, October 7th: 6-8pm

- ◆ Learn the importance of healthy and secure attachments and its benefits for your child
- ◆ Information about navigating the mental health system as a family



Please RSVP with your name and email by September 28th to reserve your spot.

Email: [peter.trainor@ctys.org](mailto:peter.trainor@ctys.org)



### Central Toronto Youth Services

65 Wellesley Street East, Suite 300

(3rd floor)

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**\*\* Open to all parents and caregivers of youth struggling with mental health and emotional distress**

**\*\* Workshops will be hosted through Zoom platform**