

SickKids®

Centre for
Community
Mental Health

(formerly The Hincks-Dellcrest Centre)

FREE PARENT WORKSHOPS

for parents of children 6 - 12 years

PLACE: SICK KIDS - CENTRE FOR
COMMUNITY MENTAL HEALTH
(formerly THE HINCKS-DELLCREST CENTRE)

SITE LOCATION : 440 JARVIS STREET



**FAMILIES FIRST
PREVENTION & EARLY INTERVENTION PROGRAM**

HOW TO VALIDATE SO YOUR CHILD WILL TALK:

**BUILDING TRUSTING
RELATIONSHIPS WITH YOUR
CHILD TO HELP REDUCE THEIR
ANXIETY, MANAGE STRESS AND
DEVELOP MORE MEANINGFUL
COMMUNICATION**

**TUESDAY NOV. 21, 2017
6:00 - 7:30 pm**

Raising children can be challenging at the best of times, especially when they are confronted with intense emotions. As parents, we can find ourselves drawn into arguments, feel like we are walking on eggshells, or feel helpless in knowing how we can connect with our children. Research has shown that when parents learn how to use validation in their communication with their children, it can help reduce children's anxiety, levels of stress and improve parent child relationships. In this workshop you will be introduced to what is validation, how to and when to validate, and effective problem solving.

**Presented by Presented by Liz Lovrics
Child & Family Therapist**

**REGISTRATION IS REQUIRED AND CHILD CARE SUPERVISION
MAY BE AVAILABLE.**

Call 416 - 924 - 1164 ext. 2167 TO RESERVE YOUR SPOT.