

# Parenting Group Workshops: Winter List

The aim of the programs:

To create a space for parents to reach out and receive psycho-education and support.

To strengthen family relationships through parental support and understanding.

## For More Information or for registration link:

Kate Harris, MEd  
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Youth Counsellor

## Joining the Workshops

Due to the interactive nature of the program, registration is necessary and spots are limited. Register online to receive zoom link for online workshop.

Registration is free.

**Parents have the options to join, one, some or all of the workshops based on their interests.**

If you find that you will be unable to attend the workshop, please let us know as soon as possible to ensure that the spot can be filled.

## Dates and Times for Winter Term

### **Angry Teens and the Nervous System**

- February 2nd 7:00 pm - 8:30 pm EST

### **Communication & Boundaries**

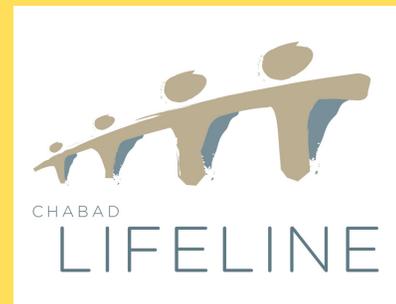
- February 9th, 7:00 pm - 8:30 pm EST

### **Teens and Technology**

- February 16th, 7:00 pm - 8:30 pm EST

### **Participants Choice**

- February 23rd, 7:00 pm - 8:30 pm EST



**Connect.**  
**Learn.**  
**Support.**

# Workshops:

## Angry Teens and the Nervous System

Understanding what's going on in the developing mind and how to address personal self regulation so you can help them.

## Communication & Boundaries

Learning to communicate with your kids and with yourself while creating and setting necessary and supportive boundaries.

## Teens and Technology

The good, the bad and the addictive. How to understand and address the impacts of technology on young minds.

## Participants Choice

Based on the need and desires of the participants and parents, the final workshop is left open to discussion.



**CONNECT.  
LEARN.  
SUPPORT.**

**CHABAD LIFELINE**  
**Bill Yong, MA, CCC**  
**&**  
**Kate Harris, MEd**

Chabad Lifeline, in association with EMSB, is offering zoom-based learning workshops. Each workshop is offered once per school term

The workshops are offered to provide parents psycho-education and information on different relevant topics as well as set time for addressing personal parental question and concerns within the online group setting.