

CYMH presents

# Pathways for Change

A parent education series on supporting those we love the most

Do you have questions about how to support your child or youth? Think you have run out of tools and would like to learn more ways to help them when they are struggling? Join us in a safe and supportive learning journey.

**\*\*All sessions are from 5:30pm to 7:00pm held at 1165 Battle Street (MCFD) in the Training Room. There will be no childcare available so please leave your little ones at home.\*\***

Due to space limitations please call Vicki at 250-371-5313 to register to secure your spot.

See a session of interest? Come to one or come to all. Registration will be completed for each separate session.

## Session dates for parents with children UNDER 12 years old

Session 1 : Wednesday September 27th, 2017

Session 2: Wednesday November 22nd, 2017

Session 3: Wednesday January 17th, 2018

Session 4: Wednesday March 21st, 2018

Session 5: Wednesday May 16th, 2018

## Session dates for parents with children OVER 12 years old

Session 1: Wednesday October 18th, 2017

Session 2: Wednesday December 13th, 2017

Session 3: Wednesday February 21st, 2018

Session 4: Wednesday April 18th, 2018

Session 5: Wednesday June 13th, 2018

## **Session Summaries**

### **Session 1 : Nuts and Bolts: Foundations for Good Mental Health**

In this session we will look at sleeping, eating and exercise habits and how those impact our child/youth's basic mental health. We will also explore the impact of screen time and social media.

### **Session 2 : Connecting with Your Child/Youth**

In this session we will debunk the popular culture idea of attachment and support you in finding ways to 'be with' your child/youth. We will focus on the changes in connection that come with development and how to navigate that as a parent.

### **Session 3 : Big Feelings in Little People**

In this session we will explore the idea of co-regulation and help you to support and understand what may be going on for your child/youth when they are expressing, or not expressing, big emotions.

### **Session 4 : Bad Behaviours**

In this session we will look at behaviour as a means for communication, how to manage power struggles and take a collaborative approach to change challenging behaviour patterns.

### **Session 5 : When Things Go Wrong**

In this session we will have a frank conversation about what to do when parents make mistakes. We will look at the importance of self-care and how to work on repairing relationships when there has been a rupture.