

PARENTING THROUGH STRONG EMOTIONS



- ✓ *Are your child/youth's emotions out of control, too intense, sensitive, or explosive?*
- ✓ *Do you struggle with behavioural problems at home or school?*
- ✓ *Perhaps you'd just like to know more about supporting your child/youth with their strong emotions?*

Then you'll benefit from our Parenting Through Strong Emotions 4-part series!

Non-Intersect clients welcome as any parent/caregiver in the community can participate.

WHEN? Wednesdays from 6:00-7:30 pm **Where?** 1294 3rd Ave

<p>Session #1 What's Going on with my Kid?</p> <p>*Mandatory to attend next ones</p>	Sept 4	Oct 2	Nov 6
<p>Session #2 What is emotion coaching?</p>	Sept 11	Oct 9	Nov 13
<p>Session #3 What's getting in our way?</p>	Sept 18	Oct 16	Nov 20
<p>Session #4 What about behavior?</p>	Sept 25	Oct 23	Nov 27



Phone for more information: 250-562-6639
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 or check out our website at www.intersect.bc.ca