



# Parenting Workshop

Join us in this two part-series as we explore how we can support our children through stress, worries, fears and tantrums. We will learn how to provide connection, support and help our children develop resilience in the face of challenges.

## Understanding Big Feelings

### 1 Stress, Worry & Fear Monday, June 12th 10 am - 11:30 am

What stress can look like in young children, how to help our children feel safe to feel their feelings, and learn mindfulness strategies we can incorporate into our daily lives.

### 2 Tantrums, Outbursts & Meltdowns Monday, June 19th 10 am - 11:30 am

Understanding the developing brain, how to keep our children safe and set limits without harsh words, and exploring the meaning behind our child's behaviour.

### 2-Part Workshop



### Registration:

Scan or Click  
to Register



Online workshop

Registration required to  
participate in this **FREE**  
2- Part workshop!

<https://bit.ly/pssp parentingworkshop>

### In partnership with:



information  
children

### GOT QUESTIONS?

#### REACH US AT:

1-877-345-9777 (Toll-Free)  
office@parentsupportbc.ca  
parentsupportbc.ca

We acknowledge the financial support of: **The Province of British Columbia**

PSS recognizes and respects all the Indigenous Nations and Traditional Lands & Territories that we Gather, Live, Work and Play on across BC