

Bounce Back with Your Child: Resiliency, Life Stressors, and Coping Strategies

Parent Education Workshop

Wednesday, May 31st, 6:30 - 8:30pm

St. Andrew Catholic School, 201 Crestway Drive, Nepean

This hands-on workshop will feature 4 guided exercises, focused on 3 cornerstone themes:

- 1 RESILIENCY:** helping us as parents more effectively handle personal stressors, so that we can model those coping skills to our kids;
- 2 CONNECTION:** connecting with our kids, to get them talking – and to keep talking;
- 3 COPING STRATEGIES:** coaching, and encouraging, our kids.

"This workshop is about understanding that most of us have an inner critical voice that undermines how we chose to think, feel and act. As parents we experience a huge amount of pressure that can pull us in many directions making it difficult to feel we can do anything right. We will explore our own critical voices and how that can create negativity and self-doubt and then how to replace that self talk with a more self-compassionate voice. It is with this voice that we have a better chance to manage our own stress, better connect with our children. It's with this voice we can practice speaking with our children in a way that encourages healthy communication and taking of responsibility."

We'll accomplish this by working through 4 exercises & clear explanations will be provided at each step."

– Lori Deegan M.Ed. CRPO, Psychotherapist



Bring a friend, pen & paper and join us for the event

**REGISTER
ONLINE
NOW**

Registration Link:

<https://goo.gl/XpzGks>

**Free child care*
available on site**

*Pre-registration required



Presented in partnership with St. Andrew School, St. Andrew Parent Council, OCSB, OCSB Parent Reaching Out (PRO) Grant, and the Catholic School Parents' Association (CSPA)