

Parent/Caregiver Online Workshops

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	<p>6</p> <p>Managing Challenging Behaviours Series 6pm- 7:30pm Join Zoom Meeting https://us02web.zoom.us/j/87291243427 Meeting ID: 872 9124 3427 +1 647 558 0588</p>	7	8	<p>9</p> <p>Parents / Caregiver Workshop (Mandarin) How do board games improve cognitive and social skills? 7:30pm to 9:00pm Join Zoom Meeting https://us02web.zoom.us/j/84125121550 Meeting ID: 841 2512 1550 +1 647 374 4685</p>
12	<p>13</p> <p>Managing Challenging Behaviours Series 6pm- 7:30pm Join Zoom Meeting https://us02web.zoom.us/j/87291243427 Meeting ID: 872 9124 3427 +1 647 558 0588</p>	14	15	16
<p>19</p> <p>ABA Therapy 6pm- 8:00pm Join Zoom Meeting https://us02web.zoom.us/j/85397819259 7819259 Meeting ID: 853 9781 9259 +1 647 374 4685</p>	20	<p>21</p> <p>CBT Personal Growth (Claudia) 6pm- 7:00pm Join Zoom Meeting https://us02web.zoom.us/j/83800131671 31671 Meeting ID: 838 0013 1671 +1 647 374 4685</p>	22	23
<p>26</p> <p>(CMHA) Youth and Mental Health: Tackling Stress, Anxiety, Depression and Suicide 6pm- 7:00pm Join Zoom Meeting https://us02web.zoom.us/j/8803125639 3125639 Meeting ID: 880 0312 5639 +1 647 374 4685</p>	27	<p>28</p> <p>Enhancing Emotional Intelligence / Emotional Self-Regulation 6pm- 7:00pm Join Zoom Meeting https://us02web.zoom.us/j/82634439334 39334 Meeting ID: 826 3443 9334 +1 647 374 4685</p>	29	30

ABA THERAPY

Join us on a therapy session based on the science of learning and behavior.

We will analyze how behavior works, how behavior is affected by the environment and how learning takes place. Our goal is to increase behaviors that are helpful and decrease behaviors that are harmful or affect learning.

Managing Challenging Behavior

Challenging behavior is any behavior that causes significant distress.

It can include an outburst of aggression, or resistant type of behavior, may be a known reaction to a daily activity, or sometimes, it may be so out of the blue. Managing challenging behavior can be incredibly stressful. Come to this workshop to learn the types of challenging behavior, causes and strategize how to manage challenging behavior.

CBT Personal Growth

This workshop is based on Claudia Ferryman's book which recognizes the 3 core signs of stress: stress, teaching stress management tools, managing compassion fatigue, emotional regulation, and creating daily practices to cultivate resilience.

Join us in engaging discussions on some of the challenges people are facing during the pandemic!

How do board games improve cognitive and social skills?

This workshop is delivered in Mandarin. The presenter will demonstrate to parents various strategies using board games to improve their children's cognitive and social skills. This is especially useful as families must stay indoors due to COVID-19.

Enhancing Emotional Intelligence / Emotional Self-Regulation

Join us in this workshop to understand the importance of emotional intelligence.

We will analyze the ability to sense, understand and effectively apply the power and acumen of emotions. Gaining the ability to understand our emotional awareness of others is essential in building healthy relationships.

Youth and Mental Health: Tackling Stress, Anxiety, Depression and Suicide

What causes Stress in Young People?

Signs & Symptoms of Anxiety and Depression and how to help

Understanding Suicidal Behaviours, Actions and what can you do about them?