

Penetanguishene Protestant Separate School Board

Presents

Pine River Institute's Centre for Family Initiatives Wellness Wednesdays

Wednesday January 19th, 2022

Parenting for Positive Mental Health, Part 1

Understanding our child's behaviours and development so that we can respond with intention to promote mental wellness and growth.

Wednesday February 16th, 2022

Parenting for Positive Mental Health, Part 2

Attunement, connection and setting limits. Understanding your parenting style and the challenges parents face when their children push back.

Wednesday March 23rd, 2022

Understanding and Managing Screen Time

Are they addicted? Why is it so hard for kids to put down devices? What do parents/guardians need to know about the digital world and how it affects their child's development. Positive strategies to build connection with your kids through tech.

Wednesday April 20th, 2022

Connection and Empathy in Response to Behaviour

What can our child's behaviour tell us about their developmental needs? How can we respond in a way that builds our relationship and create safety for them, rather than create conflict? Exploring the needs of children through the lifespan and recognizing why we sometimes struggle to connect.

Wednesday May 18th, 2022

Understanding Addiction and Addictive Behaviours

Looking at why kids can get stuck and how addictive behaviours may develop. Seeing the "function" behind the addiction, and how parents/guardians can support recovery without shame and guilt.

All webinars will take place from 7:00p.m. - 8:00p.m.



[Register here](#)