

Community Education Service

Emotion Regulation in Teenagers : The Parental Role

Presented by: **Cheri Woolsey**, Registered Psychologist

September 26, 2017

6:30 pm - 8:30 pm

Sign in: 6:15pm

LOCATION: TBA

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Parents are instrumental in teaching their children how to identify and subsequently manage their emotional experiences. This role becomes more challenging when your child is a teenager who also tends to have heightened, intense emotions on a regular basis. This presentation will assist parents in developing techniques that will allow them to effectively manage their own emotional responses when tending to their teenager's reactions, and teach them strategies to help their child when in the midst of these emotions.

In this presentation you will learn:

- about vulnerability factors and their impact on emotions
- the importance of validation and how to use it
- how thoughts contribute to experiencing prolonged emotions
- mindfulness skills to help quiet their mind and reduce emotional intensity/duration
- effective communicate strategies

Level I: This session presents an overview of non-suicidal self injury and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.