

Community Education Service

Little Kids, Big Feelings

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May 13, 2019

6:30 pm - 8:30 pm

Sign in: 6:15pm

Family Connections Parent Link—

Huntington Hills

520 78 Ave NW-Top Floor

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

Big feelings are part of childhood, and yet responding to them as a parent can be very challenging! Come hear about the Brain-body connection that helps children develop emotion regulation skills. Understand more about why children lose control of their emotions, what it means to 'flip your lid', and the role of parents in helping kids with feelings. Learn skills you can teach your children, and use yourself, to help your child manage big feelings. This presentation will cover children pre-school through to school-age.

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

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services, [Perinatal Mental Health of AHS & Family Connections Parent Link-HuntingtonHills.](#)