



Improving emotional health and well being

Providing resolutions for toxic shame in children and youth

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Children and youth often face shame before having the language to describe it.

Discovering ways to reduce the intensifying shame can become difficult particularly when parents and caregivers aren't aware themselves of how to manage this root emotion. This session will cover how shame shows up in mental health disorders facing children and youth and provide tips for resolving the shame that results in unhealthy coping efforts.

**Tuesday February 15 2022
6:30 pm**

[Click here to register](#)

FREE