

ALL PROGRAMS OFFERED ONLINE VIA  
ZOOM FOR HEALTHCARE BY COMMUNITY  
HEALTH TEAMS AND IWK HEALTH

# PARENTING: VIRTUAL PROGRAMS

REGISTER NOW! [WWW.HEALTHYNS.CA](http://WWW.HEALTHYNS.CA)  
QUESTIONS? 1-844-460-4555

## INCREDIBLE YEARS - 12 WEEK SCHOOL AGE PROGRAM

This program focuses on improving your child's social skills, emotional skills and reducing behaviour problems. **It is for parents of children who are 6-12 years old.** **To register please [click here.](#)**

Wednesdays May 5 - July 21  
6:00 - 8:00pm

## AN INTRODUCTION TO PARENTING YOUR TEENAGER

An introductory session to help you better understand your teen and how their brain works, practice skills to improve communication and help your family run more smoothly. **To register please [click here.](#)**

Tuesday July 13  
12:00 - 1:30pm

## SELF COMPASSION FOR PARENTS

Parenting is a difficult job. Being self-compassionate can help provide us comfort, improved health and increase our sense of satisfaction in our roles as parents. Join us to practice ways to promote self-compassion when we experience difficulties in our everyday lives. **To register please [click here.](#)**

Thursday May 20  
12:00 - 1:00pm

## MY CHILD IS ANXIOUS. SHOULD I WORRY? - 2 WEEK PROGRAM

Learn how to identify early signs of anxious feelings in your children and skills to help them manage everyday anxiety. For parents and caregivers of children up to 12 years old. **To register please [click here.](#)**

Tuesdays June 15 & 22  
10:00 - 11:30am

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IWK HEALTH PARTNERS

# PARENTING: VIRTUAL PROGRAMS

REGISTER NOW: PLEASE EMAIL  
ANGELA.SAMPSON@IWK.NSHEALTH.CA TO  
REGISTER

## MEAL TIME 101

We will discuss healthy mealtime habits, how to introduce new foods and ways to achieve mealtime success.

Tuesday May 11 - 6 - 7:30pm

Thursday June 10 - 6 - 7:30 pm

## BEHAVIOUR 101

You will learn the basics of why challenging behaviours happen and how to implement simple positive behaviour support strategies to help prevent them.

Tuesday May 4 - 6 - 7:30pm

Wednesday June 2 - 6 - 7:30 pm

## TOILETING 101

We will discuss considerations and supports to help set your child up for toilet training success.

Tuesday May 18 - 6 - 7:30pm

Thursday June 17 - 6 - 7:30 pm