



**Alberta Health
Services**

Child, Youth & Family
Addiction and Mental Health

Healthy Albertans.
Healthy Communities.
Together.

Keep Calm and Parent On: Online Parenting Group

This psychoeducational group is designed for parents/caregivers who want to understand the foundation in which to support their child/teens self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Co regulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. This group is offered through power point presentations, opportunities for self-reflection, and discussion of specific topics. Parents/caregivers will gain a greater understanding and insight of the provided topics.

This virtual group will be offered for 6 weeks in a row for one hour each, one day a week. This is an open group, which means those registered can choose to attend from 1 to all 6 stand- alone sessions. The group topic and Zoom link will be sent out each week to registrants.

Session One – Understanding How Brain Development, Child Development and Self-Regulation Can Impact Parent Effectiveness

Session Two – Effective Communication Supports Effective Parenting

Session Three – Identifying & Understanding How Parenting Styles and Healthy Boundaries Impact Parenting Effectiveness

Session Four – Understanding Anger and Conflict Management to Supports Effective Parenting

Session Five – Understanding the Types of Family Roles and the Impact Chronic Conflict Can Have on Families

Session Six – Importance of Understanding Stress and How Self Care Supports Effective Parenting

Upcoming Dates

Thursdays, January 12 – February 16, 2023

12:00 - 1:00 p.m.

Tuesdays, February 28 – April 4, 2023

6:00 - 7:00 p.m.

Thursdays, April 20 – May 25, 2023

12:00 - 1:00 p.m.

To register, call Access Addiction & Mental Health

1 888 594 0211