



a program of
Jewish Family Services
of Ottawa

Managing the Big Emotions - Therapeutic Workshop for Caregivers

A **FREE** three-week parent/caregiver support group to enhance communication and connection between parents/caregivers and their children.

Sessions will be held virtually over Zoom on Tuesdays 9:30am – 11am on June 6, 13 and 20, 2023.

The group will also be offered again in September/October 2023.

Rooted in Emotion-Focused Family Therapy, this is a hands-on group where parents/caregivers will be learning from their experiences and practicing foundational tools. The focus will be on strengthening co-parenting skills, learning strategies to support your child's emotion processing skills, and understanding your unique barriers in developing healthier relationships with your children.

Topics include:

Week 1: Introduction to Emotion Focused Family Therapy

Week 2: A Deeper Dive into Emotion Coaching

Week 3: A Reminder that Parents are Human - How to Manage When it Gets Messy

To participate we request that you:

- Attend a free phone or video screening interview to determine if this group is right for you.
- Have computer literacy and reliable internet
- Can commit to attending all 3 sessions

To register

Please contact:
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No Cost

3 weekly sessions – 1.5 hours in duration