Keystone Child, Youth & Family Services

Upcoming *FREE* Virtual Workshops for
Parents and Caregivers- **Fall 2021**

Workshop	Date/Time	Workshop Topics
Parenting Your Anxious Child	**September 16th and 23rd 9:30am-11:30am**	Topics covered include: • Understanding childhood anxiety • Helpful approaches to anxiety • Coping ideas to help you and your child • Parenting challenges with anxious children • Coping with COVID 19 Anxiety
Making a Shift	**September 23rd and 30th 12:00pm-1:15pm**	Strategies to improve behavior and strengthen your relationship with your child.
SENSational Kids	**September 24th 11:00am-1:00pm**	Workshop for parents, caregivers or those working with children to help understand and improve sensory responses in your child.
Social Media Smarts	**September 29th 9:30am-11:00am**	Tips for parenting in the virtual world! Come together as we explore social media platforms, the risks and considerations of social media.
Parenting Shoulder to Shoulder with your Teen	**October 1st 12:00pm-1:00pm & November 25th 12:00pm-1:00pm**	Learn about the adolescent brain and communication styles. Discover what our teens need from us and different ways to connect.
Parenting Through Change	**October 19th 7:00pm-8:30pm**	Topics Covered Include: • Coping with change • Learning to co-parent after separation • Dealing with conflict • Strategies to help your child through a separation
Understanding and Parenting ADHD	**October 22nd 9:30am-11:30am**	Join Keystone staff and other families to learn more about ADHD and strategies to support your child- regardless of whether they have an ADHD diagnosis.

All Workshops are FREE and offered virtually through ZOOM.
To register, call 519-371-4773 ext. 0
Learn more about Keystone's programs, services, workshops and events by visiting:

www.keystonebrucegrey.org