

Managing Emotions Workshops

(for parents of children ages 6 - 12)



Queen Elizabeth Elementary Community School
Monday May 7 and 14

6:30 - 8:30 pm

Facilitator: Lyndsay Sieger

To register please contact:

Robin Stewart – District Community School Coordinator
778-874-4700 or rstewart@sd40.bc.ca

Lyndsay Sieger has 15 years experience working as a counsellor and group facilitator. She specializes in trauma recovery, family systems and parenting education.

During the first session, we will take a beginning look at anger and how it impacts our role as parents. We'll start to understand what triggers our anger and learn some tips for managing our angry moments and the anger our children sometimes have.

In the second session, we will talk about stress and consider how stress affects the family. We will explore our own stressors as parents and look at our children's stress. We'll talk about ways to develop healthy coping skills.

Family Services of Greater Vancouver in partnership with SD #40

