

# SUPPORTING YOUR CHILD WITH THEIR EMOTIONS

**FREE PARENT  
WORKSHOP**  
No pre-registration  
required

**LEARN MORE ABOUT  
HOW YOU CAN HELP  
YOUR CHILD COPE  
WITH EMOTIONS**

## **WHEN**

**Tuesday, March 17th, 2020  
1pm - 3pm**

## **WHERE**

**EarlyON Child and Family Centre  
45 Overlea Blvd. Unit 108A  
(south side of Mall)**

**Discussion includes:**

- **Recognizing emotions**
- **Re-evaluating expectations**
- **Ways to help your child process their emotions**

**Childminding is available for 18 months & up.**

FOR MORE INFORMATION  
CALL 416.421.8997