



# The Parents POD

## *Support Group*

*for parents of elementary school children*

Four interactive online sessions on relevant issues such as anxiety, social media and co-parenting, providing support and tools for parents to better navigate problems at home.

### Session 1 - Anxiety/Depression

- Self-care (parent & child)
- Impact of anxiety/signs to look for
- Understanding the difference between feeling anxious and an anxiety disorder
- Coping strategies for parents & children

### Session 2 - Social Media/Technology

- Pros/cons of technology
- Expectations (screen time/age appropriate content)
- Parental controls (how to safeguard devices using apps/service provider)
- Doesn't replace parenting

### Session 3 - Nurture/Accountability

- Balanced approach (consequence/reward)
- Consistency/following through
- Boundaries

### Session 4 - Co-Parenting

- Communication
- Sharing roles
- Maintaining a unified front
- Consistency

**Session Dates:** Wednesday April 3rd, 10th, 17th, and 24th

**Time:** 7:00pm-8:30pm

**Cost:** \$100 (for all 4 sessions)

**Online Platform:** Microsoft Teams

### To Register:

**For more information or to register, please contact:**

**Jeff Andrews, Therapeutic Services Coordinator**

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### Facilitated by:

***Susan Layne, MSW***

Susan has over 20 years of clinical experience servicing parents and youth.

Her focus is supporting families, whatever their composition, through a variety of challenges, all while strengthening communication within the family system.

