



The Parents POD

Support Group

for parents of elementary school children

Explores relevant issues such as anxiety, social media, and co-parenting, while providing support and tools for parents to better navigate challenges at home

This program consists of 4 online sessions:

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

Information

Date: TBD
Time: 7:00 - 8:30 PM
Cost: \$125 (for all 4 sessions)
Online Platform: Microsoft Teams

Registration

For more information or to register, please contact
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