



A (free) Virtual Wellness Workshop Series

The COVID-19 Support Program is a Family Service Ontario initiative, with funding from the Ministry of Children, Community and Social Services.

There are two new FREE services now available.

Eligibility

Children, youth, and families who are receiving support or services from a child protection agency, are in the care of a child protection agency, or are in kin care, who are impacted by the pandemic.

Services

Help is available 24/7

Professional Counselling Services are available by toll-free telephone in English and French.

- Counselling for children, youth and their caregivers
- Individual, couples and family counselling

Toll free: 1-877-451-1055 (For French services: 1-866-553-3336, option 2)

Text for info: 1-888-458-8573

Parenting in a Pandemic – Wellness Workshop Series

Free virtual workshops are being offered using the online Zoom platform. Prior registration is required. Workshop descriptions and details (including registration links) are available on the following pages of this document, and on our website: <https://cfssc.ca/services/group-counselling>.

Workshop topics:

- Healthy Communication
- Healthy Relationships
- Emotion Regulation & Mindfulness
- Mental Health Awareness
- Parental Resiliency

[CLICK HERE FOR: Participant Guide for Using Zoom-based Webinars](#)

NEXT PAGES PROVIDE: Workshop descriptions, dates, times and registration links.



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Workshop Schedule

Healthy Communication

Healthy communication is the cornerstone of relationships. We need to be able to share our feelings and thoughts within our relationships especially during periods of increased stress. These unprecedented times come with many unknowns and we are often faced with being thrust into navigating change quickly and adapting to new routines. As parents this can be particularly challenging as we navigate change within our own lives, our relationships, and our children's lives. This workshop creates a space for participants to be reflective on how their own communication style contributes to their partnership and family dynamic. It examines different communication styles, hinderances to communication and strategies for effective communication.

Workshop Dates / Times / Registration Links

Feb 9th @ 11:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139251534087>

Feb 25th @ 11:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139562413937>

Feb 25th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139562626573>

March 4th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139568401847>

March 4th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-138965293935>

March 12th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139573469003>

March 12th @ 1:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139574293469>

March 15th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139574598381>

March 15th @ 6:00 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139575194163>

March 23rd @ 11:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139580508057>

March 23rd @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-communication-tickets-139579515087>





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Healthy Relationships

Healthy Relationships explores the core components of what a healthy relationship looks like. Some of our relationships may be impacted by our current reality, or relationships that were already struggling pre-COVID may be experiencing additional challenges now due to increased stress. The nature of the relationship between parents is one of the key influences on the family dynamic. If there are struggles within the parent relationship, this impacts our children. This workshop looks at how to build and maintain positive healthy relationships. These skills will help us to weather increased stress and pressure points that may pop up in our relationships.

Workshop Dates / Times / Registration Links

Feb 10th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139252613315>

Feb 23rd @ 11:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139560542339>

Feb 23rd @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139562014743>

March 3rd @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139566989623>

March 3rd @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139567354715>

March 8th @ 1:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139570993599>

March 8th @ 6:00 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139571316565>

March 16th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139575460961>

March 16th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139574807005>

March 25th @ 11:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139585342517>

March 25th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-healthy-relationships-tickets-139584630387>





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Emotion Regulation & Mindfulness

Learning how to deal with emotions is an important developmental goal. The skills involved in emotion regulation may be fostered by becoming aware of emotions and by learning how to manage them without pushing them away or getting tangled up in them. This workshop is designed for parents looking to build strategies for supporting their children in building emotional awareness and effective emotion management. Children are navigating many new changes because of COVID. Some of the emotions they may experience because of this may be challenging for them and their parents to manage. This workshop looks at mindfulness skills as a core component in supporting children to better manage their emotions. Participants will also build individual skills which can be applied to their own personal growth and learning.

Workshop Dates / Times / Registration Links

Feb 16th @ 1:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139259491889>

Feb 22nd @ 10:30 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139559023797>

Feb 22nd @ 6:00 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-138976216605>

March 2nd @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139565434973>

March 2nd @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139566225337>

March 9th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139571894293>

March 9th @ 1:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139572054773>

March 17th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139576102881>

March 17th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139576313511>

March 26th @ 11:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139588608285>

March 26th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mindfulness-emotion-regulation-tickets-139587079713>





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Mental Health Awareness

The Mental Health Awareness workshop focuses on building participants' knowledge of common mental health challenges. As a result of the pandemic, people may be experiencing increased levels of anxiety and depression which can be impactful on many different life areas. This workshop will examine these elements and the impacts of COVID on our mental health in general. It will also explore how we can foster positive mental health and will look at basic coping strategies for managing more effectively.

Workshop Dates / Times / Registration Links

Feb 18th @ 1:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139260926179>

Feb 24th @ 11:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139562801095>

Feb 24th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139563346727>

March 5th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139569916377>

March 5th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139570149073>

March 10th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139572524177>

March 10th @ 3:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139572666603>

March 18th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139576662555>

March 18th @ 1:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139577657531>

March 22nd @ 1:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139578560231>

March 22nd @ 6:00 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-mental-health-awareness-tickets-139578768855>





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Parental Resiliency

Resilience has been defined as the ability to use one's resources and knowledge to deal with problems or setbacks in parenting in an adaptive way. Parenting can be challenging at times, but when faced with new and stressful circumstances, it can be hard to be adaptive. Parents have faced a whole new set of challenges due to COVID-19. Some parents may be experiencing symptoms of burnout. This workshop examines the importance of developing coping skills and how this contributes to resiliency overall. We will explore the challenges of parenting and provide tips on how to "bounce back" when things are tough.

Workshop Dates / Times / Registration Links

Feb 19th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139261778729>

Feb 26th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139563497177>

Feb 26th @ 1:00 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139563639603>

March 1st @ 10:30 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139564311613>

March 1st @ 6:00 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139564909401>

March 11th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139573136007>

March 11th @ 3:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139572875227>

March 19th @ 10:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139578273373>

March 19th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139577787921>

March 24th @ 11:00 am

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139583174031>

March 24th @ 2:30 pm

<https://www.eventbrite.ca/e/parenting-in-a-pandemic-parental-resiliency-tickets-139582211151>

