

# Parenting With The Whole Family In Mind

January 28, 2025

10:00-11:30am MST

Jenny and Dr. Bischoff join together to take a whole-family view on parenting. Join us to discuss how parents can help their kids stay emotionally regulated and learn new skills, and also how parents can support their own mental health while doing one of the toughest jobs out there!



## Learning Outcomes:

- An understanding of parenting behaviours that support a healthy attachment
- Empathy and awareness about why it's hard to parent, even when we know what to do
- Practical strategies to support parent regulation

## Speakers:

Theanna Bischoff, R. Psych, Private Practice,  
Heartstrings Psychology

Jenny Harrison, R. Psych, Moss Postpartum  
House



Target Audience: Parents  
of children of all ages

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<https://fntn.ca/Home/Registrar-VC?eid=21683>

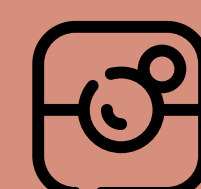
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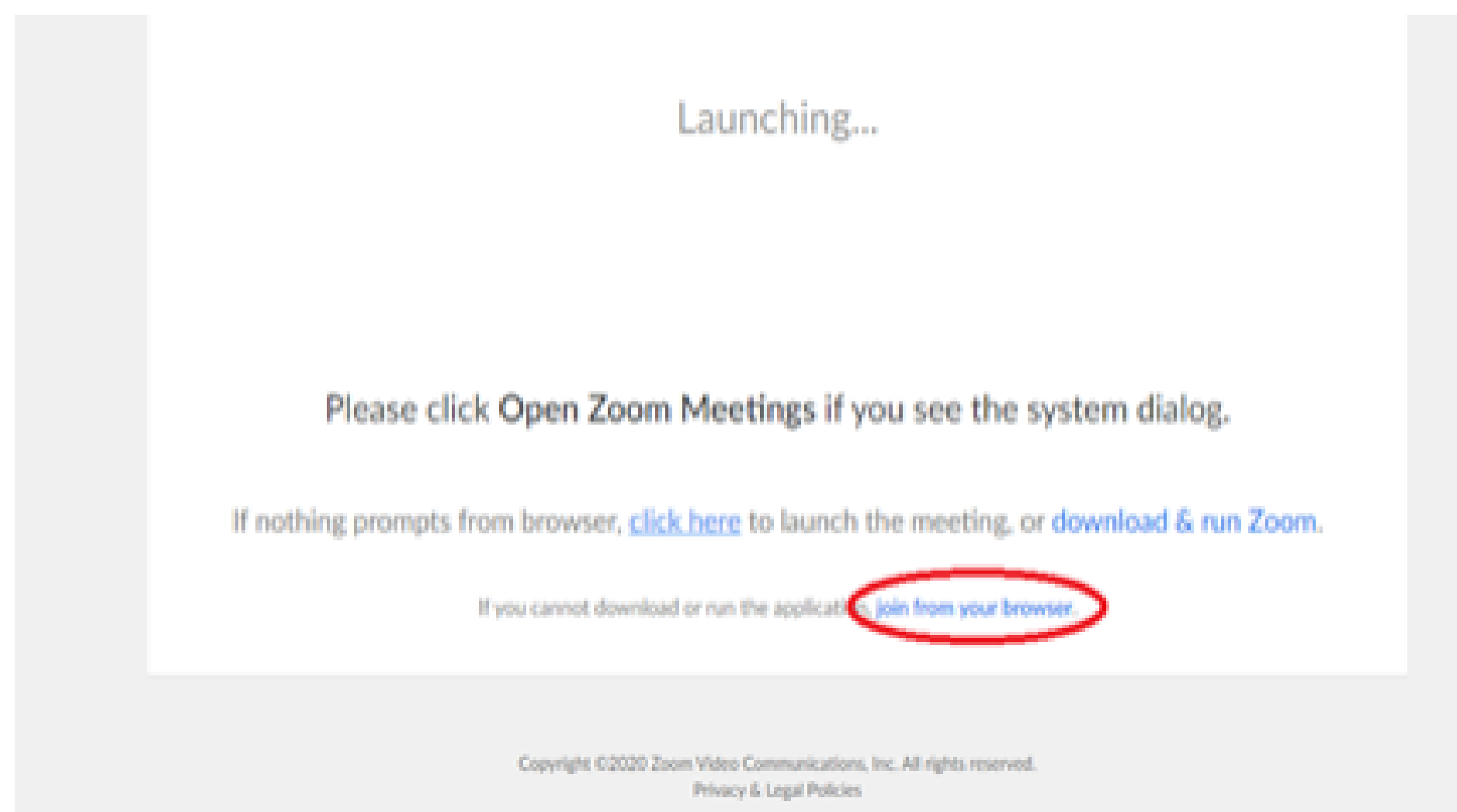
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