

Supporting Your Child Amidst Challenging Emotions, Behaviors, and Life Changes

October 7, 2026

10:00-11:30am MT

Parenting is not easy. It can be especially challenging when children are experiencing big emotions, anxiety, ADHD, behavioral concerns, or significant life changes such as divorce or family transitions. This session will help parents better understand their child's emotional processes and resulting behaviors. Parents will receive practical, supportive strategies for responding to emotional and behavioral challenges.



Learning Outcomes:

- Learn how to recognize the difference between typical childhood behaviours and signs that a child may be struggling emotionally or behaviourally
- Gain a better understanding of how concerns such as anxiety, ADHD, emotional regulation difficulties, and family changes can affect emotions and behaviour
- Learn practical strategies for responding to challenging behaviours while maintaining connection, emotional safety, and communication
- Gain tools to help children develop coping skills, emotional regulation, confidence, and resilience

Speakers:

Jay Johnson, Registered Psychologist with The Family Psychology Place, 7+ years of experience counselling children and adolescents as well as supporting parents and teachers who work with them.



Target Audience: This session is designed for parents, caregivers, or supporters of children and youth experiencing emotional, behavioural, or developmental challenges, including anxiety, ADHD, difficulty managing emotions, changes in family circumstances, or other concerns.

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=23131>

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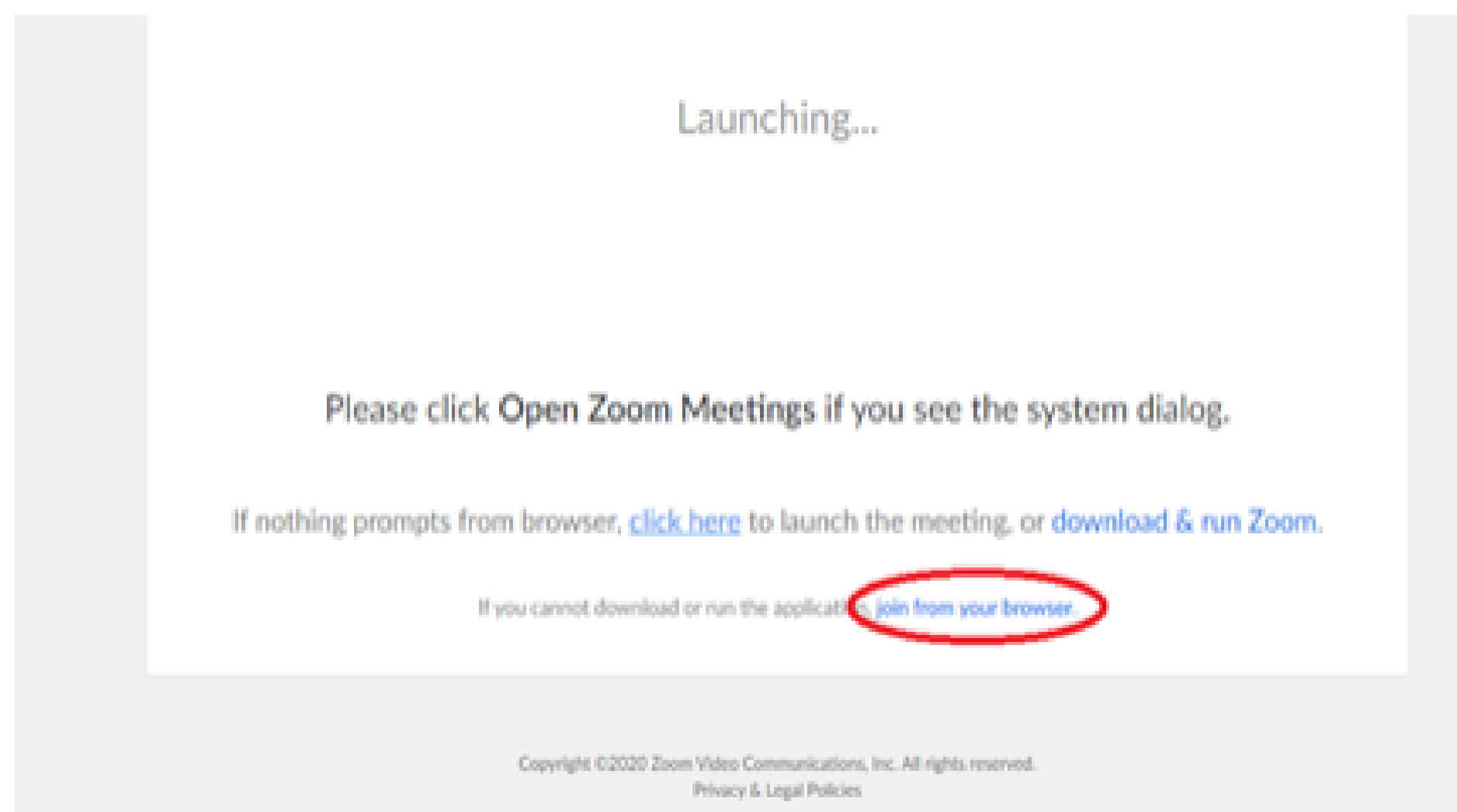
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