

Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

EMOTION DYSREGULATION IN TEENS

HOW TO SUPPORT AND CONNECT WITH YOUR TEENAGER

NEURODIVERGENT-AFFIRMING

In this 2 hour workshop led by Samantha Davidson (RP) and Shanel Quenneville (RP Qualifying), parents will learn about the contributors to emotion regulation challenges among teenagers, including the important role of attachment and parent responses. They will also learn practical strategies to manage to de-escalate, set boundaries, and strengthen the parent-teen relationship.

WHO

PARENTS OF TEENAGERS 12+

WHEN

SATURDAY, MARCH 23RD,
1PM-3PM

WHERE

111 SHERWOOD DRIVE,
OTTAWA

COST

\$150 BY E-TRANSFER OR
CREDIT CARD

SIGN UP

SPOTS ARE LIMITED
ADMIN@DRJULIARYAN.CA