

FROM CRISIS TO CALM: PARENT COACHING FOUNDATIONAL WORKSHOP



WEDNESDAY MARCH 29 | 4-8 PM

Online via Microsoft Teams

Register Now!

This workshop is designed for parents and/or caregivers of individuals 14 years or older who struggle with a Borderline Personality Disorder (BPD) diagnosis, or are otherwise challenged with emotional dysregulation.

Learning Objectives:

1. To increase your understanding of the origins and behaviours associated with emotion dysregulation and BPD.
2. To learn how to intervene effectively in a crisis.
3. To learn skills to respond to your child when they are not ready to acknowledge their mental health concerns or to seek supports.

Cost: \$225 per person. Parents or family members who register together will receive a discount.

How To Register:

Please contact the Centre for MindBody Health to provide your contact information and learn more about next steps.

Centre for MindBody Health

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