



# HELPING YOUR CHILD COPE WITH BIG EMOTIONS

Parent Information Session

**T U E S D A Y**  
**M A R C H 20**  
**7:00 PM - 8:30 PM**

**WESTERN QUEBEC SCHOOL  
BOARD (COUNCIL CHAMBERS)**  
**15, rue Katimavik, Gatineau (Aylmer sector)**

*With guest facilitator, Joanne Doucette, MSW, RSW, Therapist at the Child, Adolescent and Family Centre of Ottawa (CAFCO)*

This workshop will help parents to support children who are sensitive, anxious, easily frustrated or displaying challenging behaviours. Learn how to soothe your child's strong emotions, while solving problems together through the use of active listening, empathy and "mirroring."

**Resources will be shared and refreshments will be served.**

**Make sure to RSVP!**

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