



# The Parents POD *Support Group*



*for parents of elementary school children*

Explores relevant issues such as anxiety, social media, and co-parenting, while providing support and tools for parents to better navigate challenges at home

## **This program consists of 4 sessions:**

### *Session 1 - Anxiety/Depression*

- Self-care (parent & child)
- Impact of anxiety/signs to look for
- Understanding the difference between feeling anxious and an anxiety disorder
- Coping strategies for parents & children

### *Session 2 - Social Media/Technology*

- Pros/cons of technology
- Expectations (screen time/age appropriate content)
- Parental controls (how to safeguard devices using apps/service provider)
- Doesn't replace parenting

### *Session 3 - Nurture/Accountability*

- Balanced approach  
(consequence/reward)
- Consistency/following through
- Boundaries

### *Session 4 - Co-Parenting*

- Communication
- Sharing roles
- Maintaining a unified front
- Consistency

## Information

**Time:** 6:30 - 8:00 PM

**Cost:** \$800 (for all 4 sessions)

**Location:** School Premise

## Registration

**For more information or to register, please contact**

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