

Opening Minds: Building Family Resilience

Building on adapted modules from GRIT's Access, Support, and Participation program, these evidence and practice-based parent workshops offer practical strategies for parents to apply in their day-to-day interactions with children.

Participants will engage in high-quality, interactive learning to better understand and respond to their children's social and emotional development and create a strong foundation of mental health protective factors from birth to five years of age.

All sessions will be virtual - attend from the comfort of your home!

Cost: Free! Time: Wednesday evenings, 6:30-8:30 PM

Session Dates and Registration Links

Click the session title to register!

- October 23: [Building the Foundation: Positive Relationships](#)
- October 30: [Supporting Your Child Through Predictable Environments](#)
- November 6: [Giving Children the Words: Emotional Language](#)
- November 13: [Positive Peer Interactions](#)
- November 20: [Problem-Solving](#)
- November 27: [Responding to Your Child's Challenging Behaviour](#)

**Parents are encouraged to take all six sessions, but this is not mandatory.*