



***Matters of the Mind is a series of free online events for the public that are focused on mental health topics that are relevant to the people of BC.***

*We're contributing to the wellness of all British Columbians by fostering community connection, breaking stigma, and providing empowering information to help people through complexity.*

## **Join us for this upcoming session:**

### **Parenting Youth with ADHD: Social Emotional and Regulation Strategies**

Youth with ADHD often become dysregulated during times of change and/or when things don't go their way.

In order to support your child, it is helpful for them to build their social emotional and regulation skills so that they can manage their feelings and behaviours in these difficult moments.

Join Mary Klovance B.A., B.Ed., M.A, R.C.C. to learn more about how you can foster these important skills within your child.

### **Who is this event for?**

While this event is open to anyone who is interested, parents, educators, and youth workers will find the content and themes discussed particularly relevant.

**We will explore:**

- Building Resilience
- Social Emotional Skills
- Building Self-Esteem and Self-Efficacy
- Self-Regulation and Co-Regulation Strategies at home and at school

*According to the [Canadian Mental Health Associations' BC chapter](#), ADHD affects about 5% of school-age children. It's usually diagnosed during elementary school years because it's normal for younger children to have a lot of energy and less ability to pay attention. It is crucial to understand the needs of young people and their families and to meet them where they are at to provide support and education. Talking about challenging topics helps remove stigma, and providing tools and information can empower families.*

**Date:** October 6, 2022

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

**Format:** Zoom

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