

# CARE AND SUPPORT FOR FAMILIES



## Emotion Regulation (Parents-Children)-Online Session

When kids frequently have big emotions, parenting can be overwhelming and tiring. In this video, Nicole Allen, Registered Clinical Counsellor shares some strategies and skills that can make it easier for your kids and you, learn about the critical role that parents and caregivers play to create positive change for young people.

当孩子经常情绪波动时，养育孩子可能会让人感到不知所措和疲惫。在本视频中，注册临床咨询师妮可·艾伦与大家分享了一些策略和技巧来帮助您和您的孩子更轻松地和相处，并了解父母和照顾者在孩子积极和健康成长中扮演著极重要的角色。

**Wednesday, October 15, 2025**  
**10:00 am to 11:30 am**

**TO REGISTER**

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