

Parent Group Program:

# Roots & Regulation: Building Emotional Strength from the Ground Up

A 6-session, psychologist-led virtual program for parents of elementary-aged children who experience big emotions, behavioural outbursts, and difficulty with regulation.

Designed for families of children with emotional and behavioural reactivity related to, but not limited to: ADHD, Anxiety, Learning Disabilities, Autism Spectrum Disorder.

## Program Learning Objectives:

Parents will learn practical, evidence-based strategies to:

- ★ Reduce emotional escalation and meltdowns
- ★ Support emotional regulation and coping skills
- ★ Respond effectively to challenging behaviours
- ★ Build emotional resilience and independence



## Program Format & Pricing:

Six 90 min Virtual Group Sessions, **Starting April 2026**

\$145 per session | \$870 total



### SESSION OPTIONS (Choose One)

Monday or Wednesday Evenings

- 4:00 – 5:30 PM

or

- 6:00 – 7:30 PM



Facilitated by Registered Psychologists, Dr. Trista Keating & Faith Comeau

*Fee covers up to two caregivers from the same household*

*Eligible for reimbursement through most extended health insurance plans*

*Detailed receipts provided for psychological services*

*Spaces are limited to ensure individualized clinical support*