



BRANT HALDIMAND NORFOLK
Catholic District School Board



REGIONAL CATHOLIC PARENT INVOLVEMENT COMMITTEE (RCPIC)



Parenting Your Anxious Child Using Cognitive Behavioural Therapy (CBT)

A VIRTUAL WORKSHOP FOR FAMILIES

In this workshop, caregivers will discover “thinking errors” called cognitive distortions and how to recognize them to help their child think positively. You will also learn to acknowledge their feelings and guide them toward better thoughts. Caregivers will gain skills like deep breathing, staying calm, and positive self-talk to teach their kids.



BRANT HALDIMAND NORFOLK
Catholic District School Board

Lorrie Temple,
Superintendent of Education – BHNCDSB

Presenting: [Board's Student Achievement Plan](#)



Robyn Sharpe
Office Based Counsellor –
Woodview Mental Health & Autism Services

Presenting: [Parenting Your Anxious Child Using](#)

Date: March 25, 2024

Time: 6:00P.M - 7:30P.M

Location: Virtual via Microsoft TEAMS

Open to parents and caregivers in our community.

An invitation containing a link to the online workshop will be sent to you before the event.

Register for this virtual workshop...

Register Now





Your Child's Education

A parent guide to Ontario's school system

Your voice is important in your child's learning, and can make all the difference in their academic and personal success. When parents play an active role in their child's education, students are inspired to achieve their full potential.

Ontario is committed to increasing accountability and transparency for parents and families. **Here are ways you can actively participate in your child's education journey:**

- Decide which type of publicly funded school they attend
- Choose learning options, for example, secondary school programs e.g. Specialist High Skills Majors
- Follow what your child is learning in school
- Learn about key dates in the school year
- Opt out of certain learning
- Know how your child is doing in school
- Learn about suspension and expulsion processes
- Attend a school council meeting or parent involvement committee meeting
- Know about specialized supports to help all children succeed

Visit ontario.ca/EducationGuide for more information so you can make informed decisions about your child's education.

