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| **Beyond Behaviour: A Relationship-Based Approach to Understanding Your Child's Needs During the Pandemic*****As caregivers, we all want to do the best we can for our children. Sometimes, that can feel challenging if we don't know how to respond to our child, particularly at a time of overwhelming uncertainty. This presentation invites parents and caregivers to get curious about using a relationship-based approach to parenting, which, unlike behavioural perspectives, equips you with the tools to understand your child's needs. Pulling from decades of attachment research, we will explore the cross-cultural primary attachment needs of children and how we can respond in a way that develops caring, secure relationships; skills that are keys to building resilience in our children.*****The presenters:****Joti Kalar** holds a Masters in Counselling and is a Registered Clinical Counsellor. As a second generation South Asian Canadian, Joti’s therapeutic practice focuses on exploring our intersecting identities and acknowledging the ways in which our individual strengths and struggles are connected to broader experiences with family, culture, and normative societies. **Tiffany Wu** - Born to Chinese immigrants in Vancouver, on the unceded and traditional lands of the xʷməθkʷəy̓əm (Musqueam), sel̓íl̓witulh (Tsleil Waututh) and sḵwx̱wú7mesh (Squamish) peoples, Tiffany has first-hand experience growing up straddling multiple cultures and identities. She holds a Masters in Counselling. The foundation of her work is rooted in the intersectionality of culture, mental health and substance use. **When: March 10, 2021 6:30 – 8:00p.m.****Register in advance for this workshop:**[**https://ca01web.zoom.us/meeting/register/u5Ykc--vpz0pGdFwpzFOvipRrrSYPsJzRUec**](https://ca01web.zoom.us/meeting/register/u5Ykc--vpz0pGdFwpzFOvipRrrSYPsJzRUec)**After registering, you will receive a confirmation email containing information about joining the workshop** |  |

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| PRESENTED BY: Inclusive Learning a freeeducation seriesFOR the DELTA COMMUNITYNovBNspace is limitedNoMarch 10, 20216:30 – 8p.m. |
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| **Email questions for the panel ahead of time to:** **Kirsten Hermanson, Manager – Prevention and School Wellness** khermanson@deltasd.bc.ca  |

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