



WORK SHOP

RAISING RESILIENT, RELATING & RESPONDING CHILDREN

Presented by

**Dr. Sid S. Sodhi, Registered Psychologist,
Retired Professor of Counselling Psychology**

In this Workshop Dr. Sodhi will use various paradigms of child/youth development (Neuroscience/Psychodynamic/Social Learning/Existential/Spiritual) to engage parents/grandparents/teachers to develop strategies of humanistic child growth.

The following topics will be addressed:

- 1) What is RESILIENCE?
- 2) Resilient Parenting Models
- 3) Brain Development (Children/Teens and Resilience)
- 4) Mindset of Parents a) Active Listening
 b) Two Way Communication
- 5) “Failure is a Feedback”, when Children acquire distance from Parents
- 6) Teaching Self-Discipline, Empathy, Moral-Spiritual values through Parental Modeling
- 7) When all you know how to use is a hammer, you keep looking for nails
- 8) Negative Script Parenting
- 9) Some Parenting Strategies for Producing Resilience in Children/Teens
- 10) Characteristics of Difficult, Unhappy Troubled Parents & their Children

When: Saturday, March 17th from 9:30 – 12pm
Admission: \$12 each; \$10 for Canada Games Centre Members
Community Room - Space will be Limited.

**Pre-Register through LifeMark Sport Medicine & Health Centre at
404-3888 or e-mail info.cgc@lifemark.ca**