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## Free CHILD MENTAL HEALTH Talks

For Parents, Teachers, & Counselors

**With Peter Montminy, Ph.D.**

Clinical Child Psychologist, Certified Mindfulness Teacher, & Dad

***Wednesday Webinars – LIVE ONLINE – Spring 2024 – 7:00 – 8:00 pm***

**The Kids Are Not Okay**

**February 28<sup>th</sup>**

***Mindful Solutions for Our Children's Mental Health***

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Youth mental health difficulties are at an all-time high. Toxic stress is negatively impacting our children's developing brains. Learn the 5 myth-busting truths about child mental health differences, difficulties, and disorders. And what you can do about it.

**Defiant and Disruptive Behaviors**

**March 27<sup>th</sup>**

***Mindful Solutions for Your Child's Challenging Behaviors***

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Many youths today are struggling to control their impulses and behaviors. They complain, argue, avoid, or just plain refuse to cooperate with daily tasks and demands. Learn how you can resolve common parent-child conflicts more peacefully and productively.

**Anxious, Angry, or Depressed**

**April 24<sup>th</sup>**

***Mindful Solutions for Your Child's Intense Emotions***

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Some children & teens suffer from being highly emotional – high emotional sensitivity, intensity, and reactivity. They may be prone to frequent bouts of anxious ruminations, angry eruptions, or depressive moods. Learn how taking your child's Feeling Temperature can provide helpful clues for what to do – for both you and them!

**Distracted, Disorganized, and Distressed**

**May 22<sup>nd</sup>**

***Mindful Solutions for Your Child's Executive Function Deficits***

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Neuroatypical kids, especially those with ADHD or ASD, are often described as “smart but scattered.” They have difficulties sustaining their attention and effort on dull, tedious tasks, *consistently and independently*. Frustrations arise because they seem “capable” of doing better at schoolwork, chores, morning routines, etc., but just don't keep it together. Learn how Executive Function Coaching can help.

**\* FREE \* REGISTER ONLINE NOW @ [www.AMindfulVillage.com/Classes](http://www.AMindfulVillage.com/Classes)**