

# BUILDING BLOCKS FOR CHILD AND FAMILY WELL-BEING: A PARENT SKILLS GROUP

In this **6-Week group program**, we use evidence-based tools to support caregivers to:

- ✓ Help your child regulate emotions and behaviour
- ✓ Manage challenging sibling dynamics
- ✓ Support one another in your caregiving roles
- ✓ Recognize family members' unique needs and strengths



**STARTS: OCTOBER 20, 2025**



**MONDAYS 12:00-1:00PM OR  
THURSDAYS 8:00-9:00PM**



**\$250 (ONE PERSON) OR  
\$400 (CAREGIVING PAIRS)\*\***



**ONLINE OVER ZOOM**

\*\*We have **spots available at lower cost** for those who would benefit from financial support.

Led by Dr. Heather Prime (Clinical Psychologist).

Program should be **reimbursable through extended health plans** for psychological services.

## WHO IS THIS PROGRAM FOR?

**Caregivers with children ≤ 18 years.**

*Our hope is that **all important caregivers** can take part in the program. However, one caregiver, alone, can make positive change in the family.*

**All families welcome** — including those within and beyond the York University community.



**To register or for more information please contact:  
YUPC@YORKU.CA**