



GET ANGRY:

A “how-to” lesson on coping strategies for children with ASD

Parents of children with Autism Spectrum Disorder (ASD) often struggle with how to teach their children effective ways to cope with stress.

The focus of this workshop is to provide practical strategies in order to help children learn better ways to cope with anger and frustration. Topics that will be covered include:

- Teaching children to identify emotions and their anger cues
- Recognizing anger triggers
- Recognizing appropriate replacement behaviours

Parents will participate in interactive hands-on activities and will receive resources to help support your child at home.

Eligibility Criteria:

Parents/caregivers of children with ASD registered with the Ontario Autism Program and living in the Durham Region. No cost required.

If your child is not currently registered with the Ontario Autism Program but you are interested in our workshops, contact Lake Ridge Community Support Services at (905) 666-9688 to learn more.

Parent Workshop

Thursday

March 14, 2019

6:30 to 8:30 pm

Register online at:

[www.LRCSS.com/
training-events/calendar/](http://www.LRCSS.com/training-events/calendar/)

Having trouble registering online?
Contact Grandview Kids at
(905) 728-1673 ext. 2248
for assistance

LOCATION

Lake Ridge Community
Support Services

900 Hopkins Street, Unit 8

Whitby