

Families and Service providers in the north are invited to participate in these free workshops by International Speaker and Occupational Therapist **Kim Barthel**.

Brought to you by Community Living BC, The Community Council and The Northwest Child Development Centre.



Please see the links to sign up for tickets to the Kim Barthel presentations to distribute for two groups.

- 1) Parents with Youth/Young Adults (2 seminars Feb 23 and Mar 1<sup>st</sup> 7-9pm)
- 2) Professionals in our field March 8<sup>th</sup> and March 15<sup>th</sup> 7-9pm Two parts (Social Workers, Educators, Health/MCFD/local partners etc)

### **1. Links for Tickets for two Seminars for Parents of Youth/Young Adults:**

#### **Kim Barthel: Supporting Your Youth to be their Best Self-Youth/Young Adults**

**Tue, Feb 23, 2021 7:00 PM-9:00PM:**

*It is difficult to regulate our children when we are ourselves triggered by their behaviour. Self-awareness, self-regulation and self-compassion are the key components of conscious parenting at any age. What this leads to is emotional safety, nurturance and clarity with kindness - the foundations for maintaining healthy relationships.*

*This 2 hour session is aimed towards parents with older and adult children.*

<https://www.eventbrite.ca/e/kim-barthel-supporting-your-youth-to-be-their-best-self-youthyoung-adults-tickets-141861606885>

#### **Kim Barthel: Connection and Resilience (Youth/Young Adults)**

**Mon, Mar 1, 2021 7:00 PM-9:00PM**

*Human biology is wired for connection and social engagement. The evolutionary design of our brain has epigenetically coded neural networks that thrive and evolve only with the sparks of love, empathy, compassion and co-regulation. Though our biological priority is to survive, relationship with each other through acceptance and belonging is fundamental to thriving.*

*Fostering resilience and adaptability, especially in times of COVID-19, will be highlighted in this 2 hour session aimed towards parents with older children and adult children.*

<https://www.eventbrite.ca/e/kim-barthel-connection-and-resilience-youthyoung-adults-tickets-141865590801>

## **2. Links for tickets for Professionals for Part 1 and Part 2:**

### **Becoming a Behavioural Detective as we Foster Resilience in Turbulent Times**

*There is always a reason why people do what they do. This 2 X 2 hour online workshop will explore complex and challenging behaviour - bringing theory into practical application. Topics such as developmental disabilities, developmental trauma, attachment strategies and the integrated neurobiology of sensory processing will assist a wide range of professionals in becoming curious about what's behind their clients' behaviours. In times of uncertainty, such as COVID-19, it is often difficult to find our own resilience to sustain our hearts, bodies and spirits. With hope, connection and a few strategies, we can find our inner strength to cope with adversity and empower others to do the same. Through a blend of lecture, case-study and group problem-solving, this workshop will be led by Kim Barthel and supported by the Relationship Matters Team.*

**PART 1: March 8th 2021 7-9pm PST**

**PART 2: March 15th 2021 7-9pm PST**

Tickets for both events: <https://www.eventbrite.ca/e/becoming-a-behavioural-detective-as-we-foster-resilience-in-turbulent-times-tickets-141871604789>

**Please note that recordings of these presentations will only be available for 60 days after the online event to those that register for tickets to the event. Online seminars will be viewed through the Eventbrite website and following the instructions when signing up for tickets.**