

Do you have concerns about your child's social and emotional development?

Think about...



How your child gets along with others



How your child responds to the word "no"



How your child shows they are upset

Learn ways to support your child at Theraplay.

Theraplay

A free 8 week program for families who have children 2-6 years old and are looking for support for their child's social and emotional development.

Theraplay is led by a Mental Health Professional (Child and Adolescent Services) and a Public Health Nurse.

In Theraplay, you will focus on building your relationship with your child through fun activities and interactions to help your child feel safe, secure, and cared for.

These activities will help you to:

- Recognize your child's emotional cues and support them to respond to their feelings
- Build additional skills to help calm and soothe your child when they are upset or frustrated
- Learn new strategies to improve your child's confidence
- Continue to support your child's best development

To learn more about Theraplay and to register for an upcoming group, call Health Connections at (905) 546-3550.