

Parent Training Catalogue



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Welcome to the SILA Skills parent catalogue! We are excited to present practical and impactful training opportunities for your team.

Our workshops and seminars draw on skills from Dialectical Behaviour Therapy (DBT), an evidence-based practice that provides a structured way of learning emotion regulation skills and building mental health resilience. While DBT is practiced in a clinical environment, our approach is to make these skills available to everyone.

Which is right for you?

- **Comprehensive Workshops:** These in-depth sessions cover a wide array of skills, typically structured to build upon one another for a more comprehensive learning experience.
- **Focused Seminars:** These brief sessions introduce one to three specific skills, which participants can apply immediately.

Both are designed with the overall goal of developing skills for lasting change that will assist in:

- Connecting effectively to de-escalate tense or emotional situations
- Achieving relationship goals through meaningful connections, clear communication, and effective self-regulation
- Fostering trust to build stronger relationships allowing for problem solving
- Recognizing and understanding emotional experiences from various viewpoints
- Understanding emotional vulnerability and reactivity in managing unwanted emotional responses

For any training requests, inquiries about our contract pricing, or to discuss a specific requirement tailored to your organization, please email us at info@SILAskills.org. We'd be happy to assist you!

While these workshops and seminars are targeted to parents, feel free to share these opportunities with others as they can be customized to address the specific requirements of any organization or industry. Alternatively direct them to our website SILAskills.org to see what is available already.

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Keeping Cool at Home - A communication strategy that works!

Do you struggle with managing the myriad behaviors in your home? Do you wish you had some effective tools to help make your home a calmer environment for all? There is hope! Learn some practical skills that are tried and true.



Cheerleading Doesn't Always Work and I Don't Know Why!

Does your child get anxious before a test? Do they get frustrated when you try to encourage them? There's a reason for that. While cheerleading can be helpful at times, it can also trigger negative reactions in some children.

This session will teach you how to respond to your child in a way that makes them feel understood and supported. It will help them manage their anxiety about tests or projects, allowing them to think more clearly and respond more

effectively.



What do you mean - 89% isn't good enough?

Some children struggle with perfectionism, and it is hard to understand why they get so upset. Do you know how to respond to your child who is upset that they 'failed' their test when they got 89%? Sometimes, encouraging them makes them more upset. There is a way to communicate better that will help them with their emotions and support them when they are upset. Learn how.



I Wish I Didn't Get So Angry With My Child!

Do your child's behaviors or actions frustrate you to the point that you respond in anger? Do you wish you had tools to help you regulate your own emotions so you could be present for and be more effective for your child? This session will provide specific DBT skills that have proven effective and immediate.



De-stressing During a Stressful Time!

December is a stressful time for many. Whether it is the emotional time of preparing for the holidays, managing our children's excitement and/or disappointment regarding gifts, or the reconnection of challenging relationships, DBT skills can help in all those areas. Learn some practical ways to reduce the stress this time of year brings.



Resolve to Improve Communication in Your Family

Many people make resolutions to improve their physical or mental health in January. This session focuses on improving your communication skills with your family members. Sometimes, it takes an intentional shift in how we respond to and interpret each other's message. Come to learn how to do it in a new way.



Where Did My Calm Child Go?

Do you struggle to communicate effectively with your child? Has your calm child been replaced with someone you barely recognize? Do you find that you are trying to communicate with your child, and you just can't seem to get it right? Does it feel like every discussion ends in a fight? Would you like to learn some strategies to help create calm in your home? This session will help. You will build some tools to create a connection bridge between you and your child. It doesn't matter if your child is 5 or 55. This is the session for you!



Do you feel lucky to be your child's parent?

When you reflect on your role as a parent, do you feel lucky to be your child(ren)'s parent? Do you struggle with your children's behaviors, compare yourself to other families, and feel that you are missing out or do not measure up? Or are you curious about how to improve your appreciation for your unique family dynamics? This session is for you! None of us are perfect, and parenting is hard. Come and learn how to reframe how you look at your most important role.



The Four Seasons of Wellness

With spring upon us, it is a good time to reflect on our mental health and that of our loved ones. Some of us are like spring. It is a time of growth and excitement. We are eager to learn and develop new skills. Sometimes, it's like summer - a time of abundance and beauty. We feel like we are on top of the world, and we feel whole. Fall or autumn can feel like our emotions are short and challenging. We struggle with interacting with ourselves and everyone around us. Winter is a dark time of stillness, almost emptiness. How can we learn to appreciate the season that we are in or the season that our loved one is in? With skills, it is much easier and more effective.



Approaching May Mindfully

May is Mental Health Month, Hats On For Mental Health Day, Mother's Day and our first long weekend! It is a busy month! How can we learn how to approach these, and other days, all year long, with more purpose and intentionality? Learning mindfulness skills taught in DBT can be extremely valuable in creating less chaos in our minds and relationships. Interested? Join Kelly for a time of effective practice and learn some practical skills.



When Things Don't Turn Out as Planned

It's the end of the school year, and your child's grades or accomplishments are not what you had hoped for. How do you reconcile this and support your child in their own reflection of the year? What wording is practical and supportive for their future? What shifts may we make to focus on our relationship with our child and our hopes for their schooling? It's not as easy as it sounds and can be done by accessing DBT skills. This session will be valuable for parents of children of all ages and academic levels.

We add new seminars and workshops throughout the year! To ensure you don't miss out, check back often and [subscribe to our newsletter](#) for the latest updates.

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"I felt this session was incredibly inspiring. This session focused on connection and how to establish such with individuals who exhibit behaviours that we may feel negatively toward - hitting home and making me tear up several times."