

**Free webinar!**



**for Parents, Caregivers, and School Staff**

# **Connection, Co-Regulation, and Coping Skills:**

Helping kids and teens  
navigate big feelings

Zoom | April 9, 2025 | 12:00 - 1:00 PM ET

Meet our speaker:

**Janine Halloran**

Licensed Mental Health Counselor

20+ years of clinical experience with youth across schools, mental health clinics and in her private practice. She is the founder of Coping Skills for Kids, the author of several books, and host of the Calm & Connected Podcast.



## **Are big feelings taking over your household?**

By starting from a foundation of connection and co-regulation, Janine will provide strategies you can teach your kids (and yourself) for noticing, welcoming, and neutralizing big emotions before they take over the household. Attend this webinar if you are hopeful for more peace and patience and less arguing in your home.

### **Join us on April 9 to learn:**

- The power of connection & co-regulation
- How to recognize your own emotions and the role they're playing in family dynamics
- Tips to try with kids and teens to foster connection
- Plus live Q&A

**Scan to Register**

