



WOMEN'S HEALTH AND SOCIAL SERVICES ONLINE EVENT 2021

OPTIMIZING WOMEN'S WELL-BEING POST-PANDEMIC

Dr. Tina Montreuil, McGill University



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PARENTING WITH EMOTIONAL RESILIENCE

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Achieving an Equal Future Through Emotional Resilience



BASED ON YOUR EVALUATION, HOW HAS COVID-19 IMPACTED THE WELL-BEING OF WOMEN AND PARENTING?

Jan 29, 2021, 06:40pm EST | 2,636 views

The Unique Impact Of Covid-19 On Working Mothers, Black Women And Women In Senior Leadership



Kathy Caprino Senior Contributor ⓘ

Careers

I cover career, executive and personal growth, leadership and women's issues.



Part of Kathy Caprino's series "Supporting Today's Workforce"





Parenting C.A.R.E.

Session 1: Resources for Parents During a Pandemic



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Putting on one's mask before assisting the other



A FIRST STEP IN THE RIGHT DIRECTION

EMOTIONS

ALL EMOTIONS ARE ACCEPTABLE

- INDEPENDENTLY OF GENDER OR SEX
- EMOTIONS ARE ACCEPTABLE – NOR POSITIVE NOR NEGATIVE
- SOME ARE MORE PLEASANT WHILE OTHERS ARE UNPLEASANT TO EXPERIENCE



Resilience is largely a matter of perspective



The situation
=
an
opportunity

The situation
=
a source of
anxiety



Change the
way you feel
by changing the
way you think

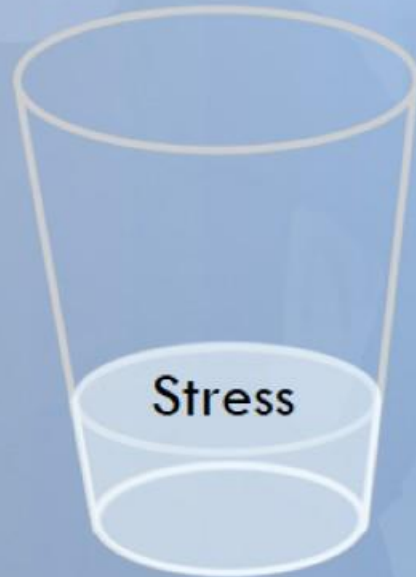


VS.



IMPORTANCE OF SELF-CARE

WITH SELF-CARE



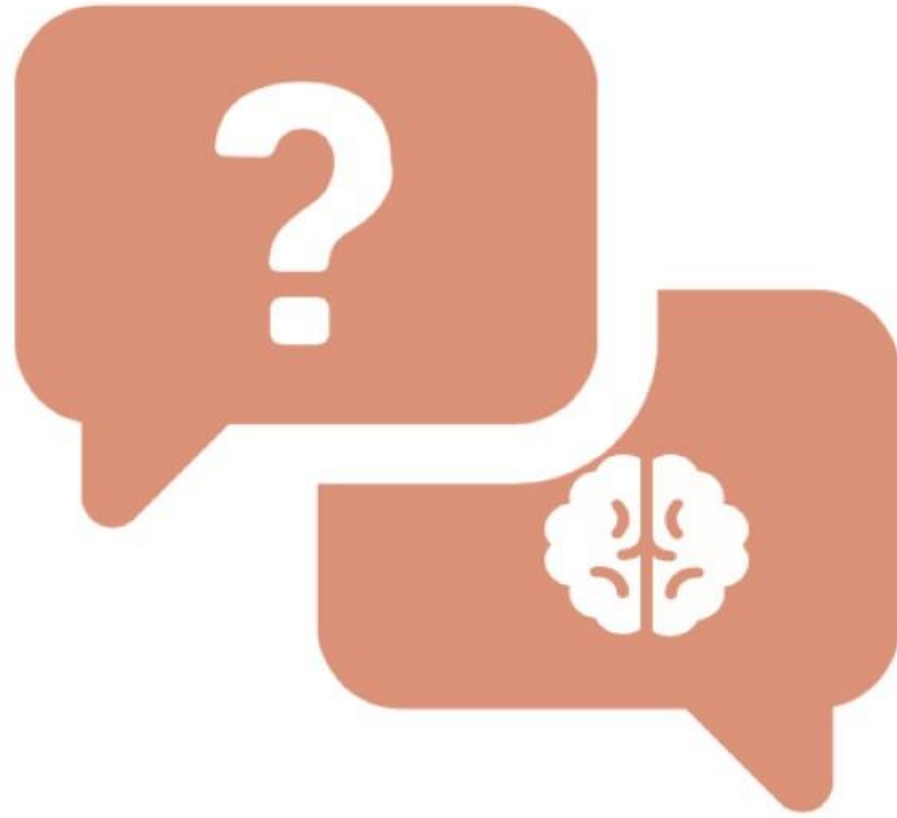
WITHOUT SELF-CARE




My mindset this season...

"It's not what happens to you that determines how far you will go in life; it is how you handle what happens to you."

Zig Ziglar





Parenting in a pandemic: How to develop stronger family relationships during COVID-19

February 2, 2021 4:36pm EST

Emotional regulation includes the ability to pay attention to and accept our emotions, and to differentiate emotions. (Shutterstock)

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The COVID-19 pandemic has undoubtedly affected us. It has increased our worries and concerns about physical health. COVID-19 has added to the existing challenges parents face, and has also created greater awareness surrounding the fragility of mental health.

Yet, the second wave has also paved the way for a larger

Author



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[HTTPS://THECONVERSATION.COM/
PARENTING-IN-A-PANDEMIC-HOW-
TO-DEVELOP-STRONGER-FAMILY-
RELATIONSHIPS-DURING-COVID-
19-149699](https://theconversation.com/parenting-in-a-pandemic-how-to-develop-stronger-family-relationships-during-covid-19-149699)

A woman with dark curly hair and glasses is smiling and looking off to the side. The background is a bright, out-of-focus indoor setting. A blue banner is at the bottom of the image.

**SPREAD THE NEWS ABOUT OUR
COMMUNITY-BASED PARENTING
INTERVENTION**



LEARN TO IDENTIFY AND MANAGE YOUR EMOTIONS,
MANAGE STRESS, AND BECOME YOUR CHILD'S
EMOTION COACH.

Parenting C.A.R.E. Program

WHO CAN PARTICIPATE?

PARENTS OF ELEMENTARY SCHOOL-AGED
CHILDREN.

WHAT'S INVOLVED?

5 LIVE MICROSOFT TEAMS SESSIONS,
INSTRUCTIONAL MATERIAL, REFLECTION QUESTIONS,
HANDOUTS, AND TAKE-HOME ACTIVITIES.

WHY?

PARTICIPATING IN THE PROGRAM MAY PROVIDE YOU
WITH SKILLS TO FOSTER ATTACHMENT WITH YOUR
CHILD, REGULATE YOUR EMOTIONS, HELP YOUR
CHILD MANAGE DIFFICULT EMOTIONS.

INTERESTED IN PARTICIPATING? EMAIL
CARE.LAB@MCGILL.CA



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