



NAVIGATING BIG EMOTIONS

Kind Minds for Parents and Caregivers Workshop

Workshop Description

This 1-hour interactive session explores how anxiety and big emotions impact the brain, body, and behaviours. Participants will gain practical tools for supporting both child and parent well-being, using the Dialectical Behaviour Therapy (DBT) ACCEPTS Model—a set of six coping skills: Activities, Contributing, Comparisons, Emotions, Pushing Away, Thoughts, and Sensations. Designed for both parents and teachers, this workshop provides actionable strategies to navigate anxiety and emotional challenges effectively. Followed by a Q&A.

Your Workshop Host

Sheldon Franken is a school counsellor and the owner/facilitator of Soshemo. Specializing in social-emotional learning (SEL) and mental health education, Sheldon creates engaging, hands-on learning experiences that foster resilience, personal growth, and emotional well-being. His dynamic workshops incorporate experiential activities and play-based strategies, leaving participants with meaningful, immediately applicable tools for classrooms, workplaces, and everyday life.

