

**Between Hours/ Interdisciplinary Programme,**  
*Toronto Psychoanalytic Society*, in partnership with *Parentbooks*, hosts

## **ParentTalks@Parentbooks**



A series of 5 **FREE** parenting talks focusing on children's fears and the inner world, followed by open discussion on the experience of being a parent.

@ **Parentbooks** on Harbord (121 Harbord St.)  
**Saturday mornings, 9:30 to 11:00am.**

Space is limited. Please pre-register for individual talks at tps&i Administration @  
[psychoanalyst@bellnet.ca](mailto:psychoanalyst@bellnet.ca)

**February 20, 2016** *There's a Monster under my Bed -*

Understanding Children's Primitive Fears and all that they Evoke

with **Vivienne Pasioka**, PhD, C.Psych, Clinical Psychologist/Psychoanalyst

*What are the rudimentary anxieties of infants and young children? How do they show themselves and impact us as parents? And what can we do to remain present to help children manage them? We will look at common childhood anxieties, such as fear of the dark, fear of falling, of separation, sibling rivalry, jealousy in being one of three, and how re-visiting these significant developmental markers alongside our children enhances understanding and provides an opportunity for further growth.*

**March 19, 2016** *That Big Bad World -*

Helping Children Thrive in Anxious Times

with **Alex Russell**, PhD, C.Psych, Clinical Psychologist, co-author with Tim Falconer of **Drop the Worry Ball: How to Parent in the Age of Entitlement.**

*Anxiety disorders among children are on the rise and even among those not diagnosed with a disorder, children are appearing increasingly daunted by the task of taking on the world around them. Hard for parents not to get anxious! This workshop takes a health perspective in which childhood anxiety is understood as a necessary building block of adaptation, and an essential gateway to a child's creative engagement with the world. Parents gain a perspective that helps them slowly shift the burden of responsibility on to their children as they grow – something that helps them take on anxiety adaptively, at the same time as they experience the sense of mastery and competence such growth generates.*

April 9, 2016

## *How to say 'No' to your kids without feeling too guilty*

with [Kathy Schneider](#), MD, Psychiatrist, Psychoanalyst

*In this talk, we will explore separation anxiety and the "Double Shift":- the additional task of parents who work outside the home and feel guilty non-stop.*

May 14, 2016

## *The Time of Our Lives*

with [Christina Whyte-Earnshaw](#), PhD, Psychoanalyst

*This presentation will utilize a consideration of the experience of time as an approach to thinking about the development of relatedness in families.*

June 11, 2016

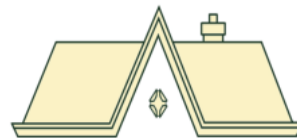
## *Thinking Together*

with [Susan Glouberman](#), MA, MEd, Psychoanalytic Psychotherapist, faculty member, Canadian Institute for Child and Adolescent Psychoanalytic Psychotherapy.

*In looking at material taken from ordinary good enough family situations, we will explore together how we, as parents, come to "put ourselves in the child's shoes", while also remaining in our own. We will look at what might be the thoughts and feelings in the child's mind, and in the mind of the parents or child carers that create relationships.*



[www.torontopsychoanalysis.com](http://www.torontopsychoanalysis.com)



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