

**Gilmore Community School**  
**Tuesday, April 14<sup>th</sup>, 2026**  
**7:00 - 8:30pm**  
**Library**

***Talking with your Kids:***  
***Emotion Coaching***

- A no blame approach
- Build stronger relationships
- Respond to big emotions to reduce intensity
- Learn a practical tool

Jennifer Ingham, District Counsellor