



Be Your Child's Compass Point

# Making sense of children: Online video course by **Gordon Neufeld** Ph.D. **Heart Matters: the Science of Emotion**

Online facilitation by April Quan OCT

For parents, grandparents, teachers, professionals, and people with children of any age in their lives

**Five Saturday mornings January 14th to February 11th  
10:30-11:30 am**

\$125 Etransfer and any questions to [april.quan1@gmail.com](mailto:april.quan1@gmail.com)

**Video to be watched on your own time prior to the discussion  
(access provided)**

**It will also be shown at 9:15 Saturdays with a short break before discussion**

Children's emotions are receiving a lot of attention these days. Terms such as *emotional intelligence*, *emotional self-regulation*, *emotional well-being*, and *social-emotional learning* are frequently heard. Emotion, long dismissed as a nuisance factor, is now confirmed by neuroscience to be at the core of development and mental health. Yet little is being taught about the nature of emotion and the implications for parenting, teaching, or treatment. New revelations about emotion have shed light on the pivotal role of feelings in play, brain development, discipline problems, attention problems, mental health issues, and much more.

Dr. Neufeld outlines five basic steps to emotional health and development so adults can foster emotional well-being and get to the root of such problems as anxiety, aggression, impulsiveness, lack of empathy, and bullying, to name but some. To make sense of emotion is to make sense of us all.



Dr. Gordon Neufeld has a widespread reputation for making sense of complex problems and opening doors for change. He is a Vancouver-based developmental psychologist with over 40 years of experience with children and youth and those responsible for them. His revolutionary yet scientific approach turns parenting right side up, putting parents back in the driver's seat. His book *Hold On To Your Kids* is causing an international stir and is now available in sixteen languages.

More information at [neufeldinstitute.org](http://neufeldinstitute.org)



April Quan is an authorized Neufeld course facilitator and parent consultant. She has a Bachelor of Fine Arts, a Bachelor of Education, and is a member of the Ontario College of Teachers. She has been a teacher and administrator at Waldorf Academy. She is also a Certified Grief Recovery Specialist® with the Grief Recovery Institute®. She has two children, now wonderful young men.

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