



Navigating Big Emotions: Kind Minds workshop for Parents



SHELDON FRANKEN

School Counsellor &
Workshop Facilitator

This interactive session explores how anxiety and big emotions impact the brain, body, and behaviors. Participants will gain practical tools for supporting both child and parent well-being, using the Dialectical Behavior 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.

About Sheldon Franken:

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.

kind mind
#MeetTheTeam

