

Online!

Calming the Storm

Co-Regulation Strategies for Your Intense or Emotional Child



Calming the Storm: Co-Regulation Strategies for Your Intense or Emotional Child

Thursday, September 22, 7:00–8:00 p.m.
+ ½ hour Q&A

Does your child have frequent tantrums or meltdowns or display other challenging behaviours? Learn positive strategies for managing these difficult moments while supporting your child in developing self-regulation. We'll also discuss ways to improve communication and set limits while building connections and strengthening your relationship with your child.

Facilitator: Nichole MacPherson, Parent Educator

To register: <https://bit.ly/DPSNregF22>

Save the Dates!

Upcoming Workshops

Details are coming soon!

Calming Conflict

Thursdays, September 29 and October 6
(two-part workshop)

Registration: <https://bit.ly/DPSNconfF22>

Taming the Dragon: Stress and Anger Management

Wednesday, October 12

Registration: <https://bit.ly/DPSNangF22>

Mental Health

Monday, October 17

Registration: <https://bit.ly/DPSNmhF22>



Free!
Registration
is required.

For more information, please contact
DPSN at 519-940-8678 or info@dpsn.ca

