

Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

EMPOWERING THE PARENT

BUILD YOUR CHILD'S EMOTION REGULATION SKILLS**NEURODIVERGENT-AFFIRMING**

In this 2 hour workshop led by Samantha Davidson (RP) and Shanel Quenneville (RP Qualifying), participants will learn how to capitalize on the brain's functions to build their child's emotion regulation skills. Parents will learn practical strategies to manage challenging behaviors and emotions, including how to respond in the moment, as well as preventative tools for promoting stronger bonds and establishing boundaries.

WHO**PARENTS OF KIDS AGES
6-10YO****WHEN****SATURDAY, MARCH 23RD,
10AM-12PM****WHERE****111 SHERWOOD DRIVE,
OTTAWA****COST****\$150 BY E-TRANSFER OR
CREDIT CARD****SIGN UP****SPOTS ARE LIMITED
ADMIN@DRJULIARYAN.CA**