

Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

LITTLE PEOPLE: BIG EMOTIONS, BIG BEHAVIORS

HOW TO MANAGE MELTDOWNS AND TEACH EMOTIONAL REGULATION IN KIDS

NEURODIVERGENT-AFFIRMING

In this 2 hour workshop led by Samantha Davidson (RP) and Shanel Quenneville (RP Qualifying), parents will learn about the contributors to emotion regulation challenges, including the important role of attachment and parent responses. They will also learn practical strategies to manage challenging behaviors and big emotions, as well as tools for helping their children develop emotional awareness and regulation.

WHO

PARENTS OF KIDS UP TO 12YO

WHENSATURDAY, 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