



# Teaching children to emotionally regulate

**Presented by Jasbir Singh Suropada**

- What is emotion regulation?
- What are some strategies I can use to help my child when they are dis-regulated?
- Where can I get support?

**Date:** Tuesday, 11 October 2022

**Time:** 6:30- 8pm

**Where:** Online via Zoom

**ENQUIRIES:**

**CFCCardinia@anglicarevic.org.au**  
or call 0457 825 076

**Register at:**

[https://us02web.zoom.us/webinar/register/WN\\_7JVLydgDRoKuwAW5zfSKdg](https://us02web.zoom.us/webinar/register/WN_7JVLydgDRoKuwAW5zfSKdg)

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