



## 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

Or scan QR code





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