



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

