



A VIRTUAL WORKSHOP

EMOTIONAL REGULATION

Presented by: Jennifer Jacobs

This workshop will look at myths about emotions, explaining strategies to promote emotional regulation. This workshop would be suitable for caregivers who are struggling to help those that they care for cope with emotions. The idea that 'all behaviour is communication' will be explored along with ways to interpret the behaviour of nonverbal individuals.

Register online

www.sdrc.ca/workshops-and-training/
email: r.khanam@sunbeamcommunity.ca
or call 519-741-1121 ext 2201

January 21

6 - 7 pm

February 11

10 - 11 am

March 18

6 - 7 pm

