

The Children's Therapy and Family Resource Centre and Child and Youth Mental Health present:

# R.E.S.T.

## (Regulation of Emotions, Sensation, and Thinking) Parent Workshop Series

**Who should attend:** Parents ready to try out tools to help their children be calmer and more focused, and to help them manage everyday emotions and activity level. Our focus is on parents of preschoolers and primary students.

**What we will be talking about:**

**Session One: Learning the basics of self-regulation.** How do we learn to be calm, alert and ready to learn? Find out what self-regulation is, how it develops, and a simple way to talk about it with children.

**October 4, 2017 9:30am-12:00pm**

**Session Two: Sensory-based ideas for self-regulation.** Tools and ideas that are based in movement, touch, sound, smell and vision are vital in developing self-regulation in young children- learn about these tools and how they work. **October 11, 2017 9:30am-12:00pm**

**Session Three: Managing Emotions.** Relationships, learning about emotions, relaxation techniques are key to developing self-regulation – learn about how to use these tools at home.

**October 18, 2017 9:30am-12:00pm**

**Session Four: Thinking Tools and Wrap-Up.** As children get older, they can start to think about what they are doing, and we can support them by learning about cognitive/thinking strategies for self-regulation. We will also spend time during this session reviewing previous sessions and doing some real-life problem solving. **October 25, 2017 9:30am-12:00pm**

**Note:** The sessions should be taken in order, because information in earlier sessions is built upon in later sessions. They will be offered again throughout the year, so that if one of these dates does not work for you, you will be able to register for a future session. All sessions take place at the **Children's Therapy and Family Resource Centre at 801 McGill Rd.** There is no childcare available.

**Cost:** \$30 total for all 4 sessions (for a maximum of 2 adults in the same family).

**To find out more, or to register, call 250-371-4100**

Please register early as spaces are limited. Registration is not confirmed until payment is received. Payment can be made by cash or cheque at the Children's Therapy and Family Resource Centre, 801 McGill Rd, Kamloops, BC V2C 6R1