

WORKSHOP FOR CAREGIVERS

EMOTIONAL REGULATION &
BEHAVIORAL CHALLENGES IN
CHILDREN (AGES 4–12)



WHAT YOU'LL LEARN:

- ✓ Understanding your child's emotional development
- ✓ Recognizing and responding to emotions
- ✓ Practical strategies to support emotional regulation at home

WHEN?

English Session: Wednesday,
November 20 | 6:30 PM – 8:00 PM

French Session: Thursday,
November 21 | 6:30 PM – 8:00 PM

FEES:

\$275 CAD per person

\$350 CAD for two parents attending

HOW TO REGISTER:

Email us at info@albusminds.ca Limited spots available