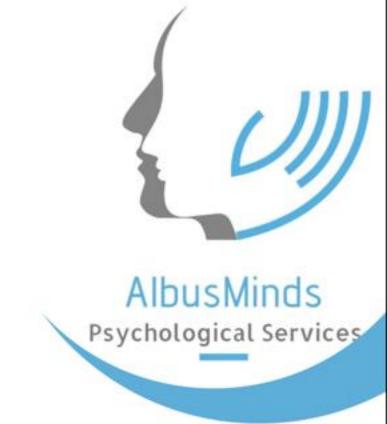
WORKSHOP

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