

Free Self-Regulation Workshops

Strategies for parents, guardians and other caregivers



Join us online for a workshop series on:

- Thurs., April 27 from 6:30 - 8:00 p.m. ET
- Thurs., May 18 from 6:30 - 8:00 p.m. ET

Register once for both workshops by scanning the QR Code or visiting: onpathway.me/self-reg-pge



Presented by Dr. Susan Hopkins, co-author of *Self-Reg Schools: A Handbook for Educators*. Susan is the executive director of The MEHRIT Centre. She brings more than 20 years experience in education, including as a teacher, curriculum developer, and inclusion coordinator. Susan has helped advance Shanker Self-Reg® learnings across Canada.



What will you learn at “Breaking the Stress Cycle: Caring for the Caregivers”?

Susan will share Dr. Stuart Shanker’s groundbreaking Self-Reg framework. Learn how Self-Reg holds the key to overcoming the effects of the pandemic and supporting the mental health and well-being of parents/guardians and their children. You will explore:

- Misbehaviour vs. Stress Behaviour
- The Self-Reg Framework
 - 5 Practices: Reframe, Recognize, Reduce, Reflect and Restore
 - 5 Domains of Stress: Biological, Emotion, Cognitive, Social and Prosocial
- Self-Reg informed strategies to support children and youth
- Example scenarios for parents/guardians and other caregivers

About Erin Mills Connects (EMC)

EMC was founded in 2016 by community members interested in building resources to assist children and youth. Today it promotes mental health, and creates learning opportunities for greater awareness of psychological well-being. For more information and listings of upcoming events, visit erinmillsconnects.org. Email: info@erinmillsconnects.org

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