

Helping kids manage their emotions and behaviours



This workshop provides parents with:

- 1 A closer look at disorders and conditions impacting behaviours
- 2 Triggers and strategies for challenging behaviours
- 3 How to practice self regulation as a family.
- 4 Making your home a safe place to express emotions



Demetra Vlouhos, facilitator of this 90-minute parent workshop, shares techniques and resources to help parents support their children in regulating their emotions and behaviours. Parents will learn hands on, practical coping strategies for various conditions and disorders impacting children today. Demetra has more than 20 years of experience empowering parents with the knowledge and tools to successfully support their children.

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