

Community Education Service FREE WEBINAR



Tuning In To Sensory Sensitivities: Understanding Sensory Modulation Disorders and Exploring Strategies That Help

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Thursday, September 12, 2019
6:30 pm - 8:30 pm

Register: <http://community.hmhc.ca/sessions/?p=online>

Life is a sensory experience. Sensory modulation allows us to respond appropriately to sensory information from our environment every day. Our brains will automatically 'tune down' some information (e.g. background noise) so that we can 'tune up' other information and focus on what is important for daily functioning. For some people, sensory modulation is difficult and the ability to remain at the right level of focus and alertness for daily activity is challenged. In this workshop, we will discuss the process of 'tuning up' and 'tuning down' sensory information and learn to understand more about what might be happening in the lives of people with sensory processing disorders, as well as some strategies that might help to better 'tune-in' throughout your day.