

Community Education Service



Improving emotional health and well being

Emotional Regulation for Parents, Caregivers, and Children

Denise Champion (Psychology BSc, MSc) is a graduate of the University of Calgary and an experienced Crisis Counsellor with the Community Resource Team at Wood's Homes. She has a passion for working with families and youth, especially in crisis situations.

This presentation will introduce ways in which parents and adults providing care to children can self-regulate and model calming behaviors to help children who are emotionally escalated and/or difficult to manage. Drawing on neuroscience and the latest research on attachment theories in early childhood and beyond, attendees will develop an understanding of how to craft interactions with young people that are positive, reciprocal, and empowering for all family members.

FREE LEARNING

Thursday Jan 23 2020

6:30 PM – 8:00 PM

Briar Hill Elementary

1233 21st NW, Calgary

Register

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and Wood's Homes.

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