



# Community Education Service

## Self Regulation: For you & your child

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**March 20, 2019**  
**Session: 10:30 am - 11:30 am**  
**Sign in: 10:15 am**

Alberta Children's Hospital  
Kinsmen Learning Centre (4th floor)  
2888 Shaganappi Trail NW

Session is **FREE**  
of charge/  
Parking fees  
may apply/  
Limited child  
care available,  
call  
(403) 955-2500

**\*\*Register: <http://community.hmhc.ca/>\*\***



To request Telehealth/VC or Audioline, **please click on the video or telephone icons above or** next to the session title on the website for more information on how to register.

While being a parent or caregiver of children can be a joyous and awe-inspiring experience; it can also be frustrating! This session will help you understand what happens in your brain when we are under stress, and why self-regulation of our feelings and actions is essential to helping children learn this critical life skill.

**Level I:** This session presents an overview of self-regulation and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

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