



The NCDC Family and Learning Centre presents:

Self-regulation and Us

A Workshop For Professionals Working With Children

Thursday, November 24th, 2016, 6:00 —8:30pm

Northumberland Child Development Centre

205 Peter Street, Port Hope,

Presenter: Hannah Sun-Reid

Certified Child Psychotherapist, Play Therapist Supervisor and
a Certified Attachment focused Psychotherapist

Participants will

- ◇ Develop an understanding of the aspects of self-regulation (Stuart Shanker)
- ◇ Develop an understanding of behavioural states (Berry Brazelton)
- ◇ Discover strategies to develop self-regulation capacity
- ◇ Learn activities to increase self-regulation ability –rhythm, repetition and sequencing
- ◇ Develop an understanding of sensory integration –to enhance coping with sensory input
- ◇ Learn three steps of co-regulation teaching

Only \$75 per person, group discounts available.

To Register please email info@ncdcent.com or phone 905-885-8137



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