

NAVIGATING THE EMOTIONAL REGULATION MAZE:

Strategies for when you feel
lost in managing challenging
behaviour

Monday 11th December
7:00 – 9:30pm

Registration closes: Wed 6th Dec



A workshop for parents, carers
and people working with
children, who want to understand
self-regulation and develop their
toolbox of strategies.

**Club Kilsyth 1-15 Canterbury Rd,
Bayswater North**

Cost: Regular admission \$45
Parent discount \$35

Bookings at [eventbrite.com.au](https://www.eventbrite.com.au)
(search for "Navigating the Emotional Regulation Maze")

SESSION OVERVIEW:

- 6:30** Registration opens.
An opportunity to network and have a cuppa.
- 6:45** Presentation on self regulation by **Jackie Sikic
and Samantha Tavrou** (Occupational Therapists).
- 8:45** **Guest Speaker: Jeremy Samson** (Owner of
Time 2 Train), on his experience of growing up as
a child with Asperger's Syndrome and his
personal training approach to promoting
self regulation.
- 9:10** Q & A time. There will be an opportunity to ask
questions of a panel.
- 9:30** Workshop concludes, certificates are handed out.

ATTENDEES WILL GAIN AN UNDERSTANDING OF:

- Emotional regulation and the influencing factors
- Positive behaviour supports and how to use
them for long term success
- The impact of social learning and executive
functioning skills on emotional regulation
- Strategies that work and where to start with
your child

More info:

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OCCUPATIONAL THERAPY