

Online Self-Reg Parenting Course

Facilitated by CTN's Child and
Family Wellness Program
Coordinators



Every Tuesday, from Nov. 26, 2024 until Feb. 11, 2025
7:00 p.m. to 8:30 p.m.

(Excluding Dec. 24 and 31)

This Shanker Self-Reg Parenting course will provide a unique opportunity for CTN parents and caregivers to consider the roots of behaviour, learning, motivation and social challenges in kids and youth with disabilities and developmental needs.

Eligibility: Must be a parent or caregiver of a past or present CTN client.

Session Dates:

Nov. 26

Dec. 3, 10 and 17

Jan. 7, 14, 21 and 28

Feb. 4 and 11

This course will explore:

- How stress impacts the behaviour and mood of both ourselves and our children.
- The subtle and hidden stressors that affect kids and youth in a way we might not realize.
- When and how to manage our own energy and tension.
- How to recognize and respond to the roots of behaviour, learning and motivation.
- How other families use self-regulation strategies to address real-life situations and challenges.
- The idea that we can “lend our children our calm” through an understanding of our own stress.

Looking for accessibility information for this location? [Visit AccessNow!](#)
Want to stay updated on CTN news and events? [Subscribe to CTN newsletters](#)



Click here to register
or scan the QR code

If you have any questions,
please contact Kajsa Klassen at kklassen@ctnsy.ca.



www.ctnsy.ca



@CTNKids