

# Emotional Regulation

## In Children 0-6 Years

Relationship  
based  
approach and  
strategies to  
manage  
intense  
emotions

Understanding  
the connection  
between  
development  
and emotional  
regulation

Discussion on  
how caregivers  
can support  
their young  
children with  
emotional  
regulation

**Date:** Thursday, March 28<sup>th</sup>, 2019

**Time:** 9:30 a.m. to 11:30 a.m.

**Location:** Kingston Group Room 1

*Assistance for childcare and transportation can be provided*

**Please contact Lori Crawford at  
613-546-8535 x 5421 to RSVP**