

Zones of Regulation for parents



This course is aimed at parents/carers in DSPL7 area (St Albans, Harpenden & Villages) cost for DSPL7 area: **FREE**

Thursday 1st March – 7-8:30pm

Zones of Regulation is a programme written by Canadian Educator Leah Kuypers. It is designed to support students with self-regulating their emotions, recognising the emotions of others and recognising the impact of their behaviours on the emotions of others. This session will explain the programme to parents and show them how it can be used a home as well as at school.



Venue: St Albans Girls' School, Sandridgebury Lane,
St Albans, AL3 6DB

On site parking available in *Visitors Car Park* only please

Booking is essential. Please book either
by phone 01727 853134 Ext 244 or email admin@dspl7.org.uk

Website : www.dspl7.org.uk