

Zones of Regulation for parents - NEW DATES



This course is aimed at parents/carers in DSPL7 area (St Albans, Harpenden & Villages) cost for DSPL7 area: **FREE**. Owing to high demand, there are now two dates available

Thursday 7th June 2018 – 7pm to 8.30pm
or
Thursday 14th June 2018 – 7pm to 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 at 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, with preferred date, either by phone 01727 853134 Ext 244 or email admin@dspl7.org.uk
Website www.dspl7.org.uk