

Capable Kids Club

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Why are we doing this research?

Parenting can be very rewarding; however, it can also be frustrating and stressful. This research is looking at how a self-regulation program for children in combination with a supportive and educational parent group can develop children's self-regulation, improve child's behaviour, and decrease parenting stress.

When and Where

- Information session: University of the Fraser Valley Chilliwack Campus on January 10th, contact us for more information!
- Program runs from January 13th - March 12th, 2015 on Tuesdays or Thursdays from 1:00-3:00pm, your choice!
- Program will take place at Sardis Family Place

Contact Us

Please phone or email the Capable Kids Team to register:

604-792-0025, ext 2537

earlychildhood@ufv.ca

Does your child have
Challenging Behaviours?
**Sensory Issues? Melt
Downs?**

WE CAN HELP

Come join us for a preschool group that focuses on physical, emotional, and sensory regulation while you enjoy a supportive psycho-educational parenting group with other parents who have similar children.



UNIVERSITY
OF THE FRASER VALLEY



Chilliwack
Community
Services

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