

A Few Things You Should Know About Your Child's Brain (and Yours Too)



May 5, 2016

7:00 pm - 9:00 pm

Chilliwack Secondary School,
46361 Yale Road, Chilliwack

Free workshop open to all!

Keynote Presenter, Mike McKay,
Canadian Self-Regulation Initiative

This workshop provides an introduction to the concept of “self-regulation”, which refers to our capacity to expend energy dealing with stressors and then return to a state of calm, ready to respond appropriately to new situations, opportunities and challenges.

Self-regulation is a growing area of focus in education. Children who are dysregulated can't learn as we hope or expect. Thanks to neuroscience, teachers are becoming more and more attuned to the various elements that support self-regulation or lead to a dysregulated state for the learner.

*Professional Development certificates available upon request .
For more information contact karen@childandyouth.com*

