

Parenting Today – February 6th

**Parenting Today
2017-2018**

St. James-Assiniboia School Division

Workshops will be held from 6 – 8 p.m. at Educational Support Services – Jameswood School, 1 Braintree Crescent (off Olive & Ness).

**SELF-REGULATION STRATEGIES
FEBRUARY 6, 2018**

Presented by the Occupational Therapy Team, Educational Support Services, St. James-Assiniboia School Division.

Self-regulation is the ability to efficiently and effectively recognize and respond to stress. This seminar will focus on the sources of stress behaviours and will review practical strategies to help you and your child overcome stress to achieve an optimal state for learning.

FREE CHILDCARE IS PROVIDED FOR SESSIONS. When registering please indicate for how many children and their ages. Once registered for any session, ***IF YOU CANNOT ATTEND, please cancel*** by contacting Arlie Williams-Taylor at 204-885-9555 or ptregistrations@sjsd.net