

Emotional Regulation

What it is and why you need to foster it in your children and youth



Learn how to support your child in emotional regulation and help them navigate their emotions through an **easy 5-step method.**

Wednesday
March 22
~ 2023 ~
6:00-7:30 PM

Location: On Zoom!

Educator: Deanne Ririe

Questions: Call or text Deanne at 805-788-8206

Learn more & register: <https://conta.cc/3XUVvZN>

**Learn More
& Register**



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