



# Emotional Regulation

A workshop to provide you with practical tools and strategies to better comprehend youth and children emotions and behaviors, as well as guidance on how to teach youth to manage them effectively.

**TUESDAY**  
1 OCTOBER 2024  
6 -7:30 PM

ZOOM!

QUESTIONS?  
CALL OR TEXT  
DEANNE  
805-788-8206

REGISTER:

<https://lp.constantcontactpages.com/ev/reg/nhrt5gh>





# Regulación Emocional

Este taller le proporcionará herramientas y estrategias prácticas para comprender mejor las emociones y comportamientos de los niños y jóvenes, así como orientación sobre cómo enseñar a los jóvenes a manejarlos de manera efectiva.

**MARTES**

1 OCTUBRE 2024

6 -7:30 PM

ZOOM!

¿TIENES PREGUNTAS?  
LLAMA O ENVÍA UN MENSAJE  
DE TEXTO A LINDA AL  
805-540-1223

REGISTRO:

<https://lp.constantcontactpages.com/ev/reg/uuxchzv>



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Strengthening

*Helping families thrive.*



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# Playful Beginnings!

A 4-week series for Caregivers and their Child Ages 2-3.5 to learn together through hands on experiences and activities to encourage healthy development and work towards school readiness.

**MONDAYS**  
OCTOBER 7TH-28TH 2024  
5:30 - 7 PM

REGISTRATION INCLUDES:  
DINNER &  
ACTIVITIES

QUESTIONS?  
CALL OR TEXT  
DEANNE  
805-788-8206

Register today, there are limited spots available for this free series.

REGISTER:

<https://lp.constantcontactpages.com/ev/reg/d53srjm>





# Positive Parenting!

*Drop-in support group*

for parents with children of all ages.

**2ND WEDNESDAY**  
OF THE MONTH  
*10/9, 11/13*  
6:30 -7:30 PM

ZOOM!

QUESTIONS?  
CALL OR TEXT  
DEANNE  
805-788-8206

REGISTER:

<https://lp.constantcontactpages.com/ev/reg/d53srjm>



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# Building Courage & Self-Esteem

A workshop on how to build courage and healthy self-esteem in children & youth.

**TUESDAY**

15 OCTOBER 2024  
6 -7:30 PM

ZOOM!

QUESTIONS?

CALL OR TEXT  
DEANNE  
805-788-8206

REGISTER:

<https://lp.constantcontactpages.com/ev/reg/2b6xua9>



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WELLNESS | RESILIENCE | BELONGING



# El desarrollo de Valor y Autoestima

Un taller sobre cómo desarrollar el valor y la autoestima de forma saludable en los niños..

**MARTES**

15 OCTUBRE 2024

6 -7:30 PM

ZOOM!

¿TIENES PREGUNTAS?  
LLAMA O ENVÍA UN MENSAJE  
DE TEXTO A **LINDA** AL  
**805-540-1223**

REGISTRO:

<https://lp.constantcontactpages.com/ev/reg/uuxchzv>



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# Parenting Sober Support Group

A group for parents and caregivers at any stage of recovery

**FIRST FRIDAY**  
OF THE MONTH  
10/4, 11/1, 12/6

11AM - 12:30PM

ZOOM!

EMAIL, CALL, OR TEXT FACILITATOR FOR LINK:  
CINDY DUSAIR, (805) 550-5865  
[CDUSAIR@BUILDYOURNESTCOACHING.COM](mailto:CDUSAIR@BUILDYOURNESTCOACHING.COM)



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