

# R.E.S.T. Parent Workshop Series

## (Regulation of Emotions, Sensations, and Thinking)



Updated January 9, 2025

Are you struggling to understand your child's behaviours, energy level, and emotions? Is there a lot of stress in your home because of these challenges? Do you wish you had some tools and information to help?

**YOU ARE NOT ALONE!**



Our children do not come with instruction manuals, and it can be really hard to figure out what makes them tick. The R.E.S.T. Parent Workshop Series can help you learn more about SELF-REGULATION, or how we learn to manage our bodies, emotions, thoughts, and behaviours. Here is what one parent had to say about the workshop:

"I learned a lot and my biggest take away is the validation that some kids struggle more than others... self-regulation is a skill that we must learn, and this concept has only come into my consciousness within this year! I have been in lots of other workshops and therapy and the way this workshop explains it has made me feel like that was what I have been missing all along! I am so glad these workshops exist to help us be the best parents we can be and connect us and validate that this is hard, they or we are struggling, and we can learn new skills to help make things better for everyone!"

In this 4-session workshop, you will learn about:

- The basics of self-regulation: how it develops, and how can we improve our own regulation and support our children to learn this essential skill
- How the sensory world impacts our regulation, and how we can use sensory tools to help with regulation
- Learning about managing our emotions and supporting our child's emotions
- Tools to help us teach our children how to regulate their emotions
- How our thoughts and thinking skills affect our regulation
- Tools to help use our thinking brain for better regulation



The first session of each workshop is the foundation for the other sessions. You should attend Session 1 before attending any of the other sessions. You may take other sessions at different times if you miss one.

All sessions of the workshop are held via the Zoom web platform. You will be sent a link to the workshop prior to the start date and will need to connect using that link on a computer or other device. There will also be videos to watch and homework to complete between each of the sessions.

**Costs:** This workshop is free, but only available to those living in British Columbia. Preference for registration will be given to those living in the Thompson Health Region, but people from other regions will be accepted if there are spaces available. The handouts for the workshop will be emailed to you when the date for the workshop gets closer.



**To Register:** Please fill out the Google Form at the links below for the dates you wish to register. Please provide complete contact information.

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## Upcoming Dates

Year	Day(s) of the Week	Dates	Time	Registration Form
2025	Thursday	January 9, 16, 23, 30	6:00-7:30pm	<a href="https://forms.gle/b2XThGpBArKJcj8v8">https://forms.gle/b2XThGpBArKJcj8v8</a>
2025	Tuesday and Thursday	March 4, 6, 11, 13	12:00-1:30pm	<a href="https://forms.gle/HAWkiXYUNgZq8BLQA">https://forms.gle/HAWkiXYUNgZq8BLQA</a>
2025	Wednesday	May 7, 14, 21, 28	6:00-7:30pm	<a href="https://forms.gle/YotnE5aFvGox1mNZA">https://forms.gle/YotnE5aFvGox1mNZA</a>

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