

R.E.S.T. Parent Workshop Series

(Regulation of Emotions, Sensations, and Thinking)

Updated September 25, 2023



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.

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 only available to those living in British Columbia. At this time there is no cost for the workshop for people who live within the Thompson Health Region. For people outside this region the cost is \$40.00. Once you are registered, a package of materials needed for the workshop will be available at the Children's Therapy and Family Resource Centre at 801 McGill Rd for pick-up. Packages will be mailed to those who live outside of Kamloops.



To Register: Please fill out the Google Form at the links on the second page for the dates you wish to register. Please provide complete contact information including mailing address.

Dates: Please see the second page for upcoming workshop dates.

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Upcoming Dates

| Year | Day(s) of the Week | Dates | Time | Registration Form |
|------|--------------------|--------------------|---------------|---|
| 2023 | Wednesday | November 8-29 | 10:00-11:30am | https://forms.gle/36Dgt6grD7QraTzk9 |
| 2024 | Thursday | January 11-Feb 1 | 6:00-7:30pm | https://forms.gle/NEQ5gah3Cdc7B4uX8 |
| 2024 | Tuesday & Thursday | March 5, 7, 12, 14 | 12:00-1:30pm | https://forms.gle/CEh9KkQUaGq5VFXP6 |
| 2024 | Wednesday | May 1-22 | 6:00-7:30pm | https://forms.gle/fJXKowpUWKBzfogW9 |
| 2024 | Monday to Thursday | July 8-11 | 12:30-2:00pm | https://forms.gle/VxRkqofmGUmmcJkw6 |
| 2024 | Tuesday | September 10-Oct 1 | 6:00-7:30pm | https://forms.gle/DiHQ3cwPftQ2oTqr5 |
| 2024 | Thursday | November 7-28 | 10:00-11:30am | https://forms.gle/2GuX1EKLvfdD5ugv6 |

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