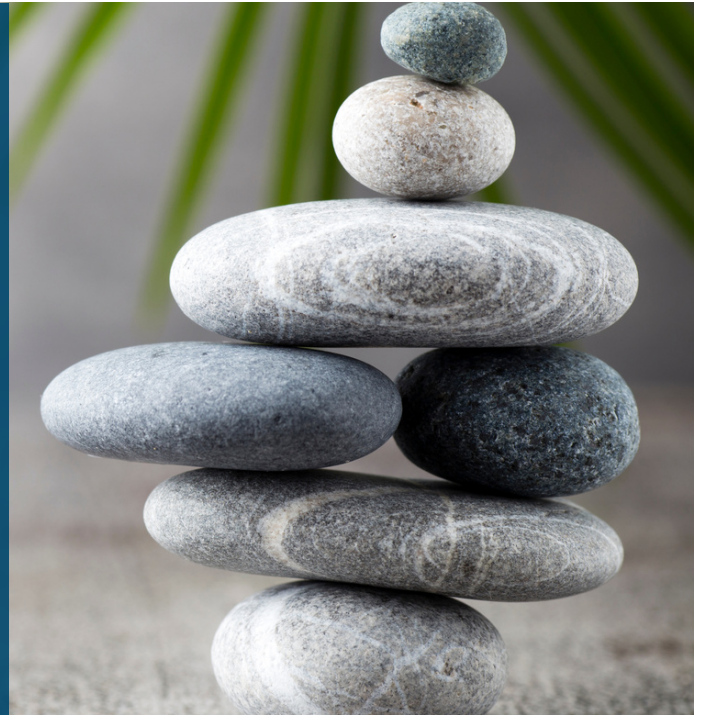


Self-Reg[®] Parenting Program

Facilitated by Simcoe County District
School Board Child and Youth Workers



Through the use of The Shanker Method[®], parents/guardians will learn how to engage with their child(ren) in order to help break the stress cycle by creating a positive and healthy home environment. The Self-Reg[®] Parenting Program will help you identify the signs and signals of stress to help you create strategies to stay strong, consistent, and help your child(ren) navigate stress through the power of self-regulation or co-regulation.

Shanker Self-Reg[®] is a valuable and accessible tool for children, youth, and parents/guardians. Educators and mental health professionals from across Canada and around the world are using Self-Reg[®] to address behavioural, emotional, and social problems and improve learning outcomes for all children/youth.



Mondays from Jan. 22 to
April 15 (10 sessions)



Daytime: 9:30-11 a.m.
Evening: 7-8:30 p.m.



Virtually
via Zoom

Registration is open to all parents/guardians of SCDSB students and SCDSB employees. Spaces are limited. Register for your preferred session by clicking one of the below links.

[REGISTER NOW](#)



[Daytime session](#)

[Evening session](#)