

Emotional Regulation in Autism

for parents/caregivers, community and therapists supporting children/youth, of all ages, with ASD

Dates/Times: Tuesday July 6, 2021, 6:30 – 7:30 p.m.
or
Tuesday July 27, 2021, 10:00 – 11:00 a.m.

Location: Zoom online platform

Zoom requires a computer and data.
Please ensure that you have enough data on your home plan that you do not go over and incur extra charges.

Cost: Free

Register: Online registration for July 6th go to <https://asdemotionjul6.eventbrite.ca>

Online registration for July 27th go to <https://asdemotionjul27.eventbrite.ca>



Additional Information:

If you are unable to register online, please contact Carrie at 519-953-5445 or register@tvcc.on.ca.

Description

Many families struggle with meltdowns, tantrums, and emotional outbursts.

Children/youth (and adults!) need emotional regulation strategies to cope with big feelings, and suggestions on ways to recover when things become "too much".

Children/youth with autism often need additional help learning these strategies! This presentation will explain to parents of children/youth with autism what emotional regulation means as well as learning some proven techniques to cope in a variety of settings.