

# Emotional Regulation in Autism

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

**Dates/Times:** Thursday Feb 18, 2021, 1:00 – 2:00 p.m. or  
Thursday Apr 15, 2021, 6:30 – 7:30 p.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 February 18th go to  
<https://erafeb18.eventbrite.ca/>

Online registration for April 15th go to  
<https://emotionregapr15.eventbrite.ca/>

## Additional Information:

If you are unable to register online, please contact Carrie at 519-953-5445, ext. 53367 or [register@tvcc.on.ca](mailto: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 ASD often need additional help learning these strategies!

This presentation will explain to parents of children/youth with ASD what emotional regulation means as well as learning some proven techniques to cope in a variety of settings.

