



UPCOMING WORKSHOP: SELF-REGULATION & GUIDING CHILDREN'S BEHAVIOUR

WHAT IS SELF-REGULATION? HOW CAN WE HELP CHILDREN REGULATE THEIR EMOTIONS?

If these are questions you often wonder about, look no further! Join the Westman MCCA group in welcoming **Pam Nightingale** and find the answers you've been looking for.



IN THIS WORKSHOP YOU WILL:

- look at what happens to the brain when children experience strong emotions
- techniques to calm the emotional brain
- strategies to prevent challenging behaviors
- resolve the ones that inevitably happen
- strategies to restore a positive environment
- strategies to reset after a challenging incident



Saturday April 18, 2026



9:30 A.M - 12:30 P.M



Assiniboine College
Room #441/442



MEMBER: \$25.00
NON-MEMBER: \$50.00

**REGISTER AND E-TRANSFER PAYMENT TO:
MCCAWESTMANREGION@GMAIL.COM**

PLEASE REGISTER BY: APRIL 10, 2026