

Thursday, November 30, 2017, 7:00pm to 9:00pm, at Sir Robert Board HS Auditorium, 131 Greenbank Road, FREE Speaker Series/Susan Hopkins of The MEHRIT Centre/

Parents will be introduced to Self-Regulation, a powerful method for understanding and responding to their children's (and their own) stress, energy, and tension.

Learn more about:

- The impact of excessive stress on children and adults
- The importance of relationships for good parenting
- The difference between stress behaviour and misbehaviour
- How parents can use Self-Regulation strategies to understand and respond to children's stress
- How Self-Regulation strategies can help parents enjoy their children and become the parents they would like to be

Dr. Susan Hopkins is a passionate advocate for children, families and communities. She leads Dr. Stuart Shanker's organization, The MEHRIT Centre. She brings her skills to Stuart's self-regulation research centre as the lead researcher for the practice of Self-Regulation.