

When it's tough to make friends:
Self-regulation strategies that work

PARENT SESSION

June 13, 5:30-7:00pm

Learn how to help children:

- learn and follow expected behaviours
- expand their emotional vocabulary
- use a common language to communicate feelings
- develop strategies to manage big emotions



**PENBROOKE MEADOWS SCHOOL
LEARNING COMMONS**

**Presented by CanLearn Society
Organized by
Penbrooke Meadows
School Council**

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