

Help me get ready for life!



Southeast Edmonton
Early Childhood Community Coalition

SOUTHEAST EDMONTON EARLY CHILDHOOD COMMUNITY COALITION

FALL GATHERING

SATURDAY, OCTOBER 26 8:45AM- 11:30AM

St. Anthony's Centre (10425- 84 Ave)

**JOIN US FOR A FREE WORKSHOP FOR CHILDCARE PROFESSIONALS,
EARLY LEARNING TEACHERS, PRESCHOOL & CHILDCARE BOARD
MEMBERS, AND PARENTS**

FOCUS on Self-Regulation

8:45AM REGISTRATION; 9-11:30AM Workshop

FOCUS on Self-Regulation is a resource for educators and parents that teaches children (ages 3-8) how to manage their emotions through whole body and social-emotional games. It can be done by anyone, anywhere, anytime in about 5 minutes! The strategy supports the development of resiliency, builds confidence in children's abilities and relationships, and helps children exercise greater self control in unexpected situations. A unique element of these strategies is how the sequence of research based activities help regulate the body and mind.

Resources will be available for sale after the workshop

<https://www.ecsd.net/Programs/Overview/EarlyLearningPrograms/Genesis-Publications/Pages/FOCUS-on-Self-Regulation.aspx>

**TO REGISTER: email Marzena at
se.coalition2@gmail.com or call 780-909-5886**