



**The MEHRIT Centre**

## **How Can I Use Self-Reg to Help the Child I'm Concerned About?**

*with Dr. Susan Hopkins  
Executive Director of TMC*

This six hour workshop, open to educators, parents and specialists, will help participants consider how they could begin to map out some strategies using the tools of Shanker Self-Reg to help a child in their care. It will discuss what participants can do to address their own self-regulation in ways that will enhance their ability to work effectively with the child.

This interactive and engaging workshop, will start with an introduction to the key concepts of Self-Reg and then move into activities and discussions that will help participants reflect on key questions such as:

- Why is this child behaving in a way?
- Why haven't the strategies I've been using thus far worked very well?
- Can I look at the child's behaviour in a new way?
- What might be some of the hidden stressors that are affecting both the child and myself?
- How is this child's behaviour affecting my stress levels?
- How does the child currently self-regulate and recover from stress?
- Which step of Shanker Self-Reg might be the best place to start with this child?

Open to everyone! Whether you are a parent, educator, or specialist, whether you are new to Self-Reg or already familiar with it, we'd love to see you there!

Each participant will receive a copy of Dr. Shanker's book, Self-Reg, upon registration. We will provide a fresh, locally-sourced lunch as well as coffee and tea.

Cost: \$125

**JANUARY 17<sup>TH</sup> 2019 • 8:30AM-3PM**  
**TOSCA BANQUET HALL**  
**800 CHAMPLAIN AVE., OSHAWA**

*For more information or to register visit*  
*[www.self-reg.ca/oshawaevents/](http://www.self-reg.ca/oshawaevents/)*