



The MEHRIT Centre

**How Can Self-Reg Help Me
Address My Well-Being as a Mom?**
*with Dr. Susan Hopkins
Executive Director of TMC*

*“The well-being of children is inseparable from the well-being of the critical adults in their lives.”
-Dr. Stuart Shanker*

With that important truth in mind, this workshop will help Moms understand and learn how to support their own well-being using the tools of Self-Reg. Self-Reg is a powerful method for understanding stress and managing tension and energy, factors that affect our well-being and functioning as women and mothers.

This two-hour workshop, will offer moms and other caregivers a welcoming and supportive environment for reflecting on and addressing their own well-being using a Self-Reg based approach that is hopeful, proactive and very feasible. Participants in this workshop will learn:

- How and why excess stress can affect your well-being in different aspects of your life, health and mental wellness
- Some of the stressors that are unique to motherhood
- Hidden stressors that may be affecting you without you even realizing it
- The Shanker Method®, a five step method for understanding stress and managing tension and energy across five domains of self-regulation
- How addressing your well-being can have a positive impact on your whole family
- The nature and impacts of both positive and negative stress
- Finding ways to restore energy and reduce tension
- Self-Reg strategies that can enhance your well-being and help you deal with the inevitable stresses of parenting

Open to all caregivers: Moms, aunts, grandmas, step-moms, foster moms, moms-to-be. Have a girls night out!

Each participant will receive a copy of our newest Parenting Magazine at the event.

Light refreshments will be provided.

Cost: \$55

JANUARY 17TH 2019 • 6:30 - 8:30PM
TOSCA BANQUET HALL
800 CHAMPLAIN AVE., OSHAWA

*For more information or to register visit
www.self-reg.ca/oshawaevents/*