

## Zones of Regulation Course 2019 For Parents and Carers in the DSPL7 Area Only

### ABOUT THE COURSE

Zones of Regulation is a programme written by Canadian Educator, Leah Kuypers. It is designed to support students with self-regulating their emotions, recognising the emotions of others and recognising the impact of their behaviours on the emotions of others. Owing to demand, we now have a new date for 2019!

This session will explain the programme to parents and show you how it can be used at home as well as at school.



### DETAILS

**DATE:** Wednesday 2<sup>nd</sup> October 2019

**TIME:** 7:00 – 8:30pm

**VENUE:** Fleetville Junior School, 228 Hatfield Road, St Albans, Herts, AL1 4LW

**COST:** Free for parents and carers in the DSPL7 area

**PARKING:** Limited parking is available at the school. Free parking is available in the surrounding streets and at the local supermarket. Entrance via the main reception.

**REFRESHMENTS:** Provided

**TO BOOK:** Email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

Places are limited so please book.

