



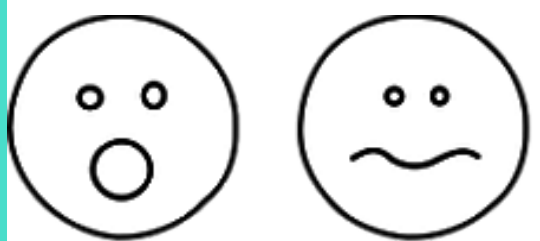
# SELF-REGULATION GROUP



Work on self-regulation skills and calming strategies with same-aged peers

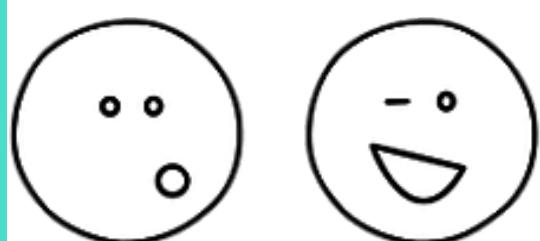
- Understanding our bodies, feelings & emotions
- Zones of Regulation® program activities
- Create a Breakbox with calming strategies
- Practice moving through the zones as a group

Occupational Therapist: Shannon Taylor, OT Reg. (Ont.)  
 -five facilitators-  
 -one to one support in a small group setting-



WHEN:

- Wednesdays at 5:00-6:00 PM
- Jan 9, 16, 23, 30 & Feb 6, 13, 20, 27



COST:

- \$400.00 for 8 weekly sessions

MAKE WAY FOR  ME!