

Interested in support for your child (7-12 years) to manage big emotions?

Building Emotion Regulation Skills: Support for Parents and Children

Join us for a **parent and child emotion regulation group program** as we spend time (parents: 5 weeks; children: 3 weeks) to build our emotion regulation skills!

With opportunities for **both children (7-12 years old) and caregivers to learn skills** to support emotion regulation, this program will provide a shared framework and language to manage big emotions.

Program led by Dr. Colin King, Psychologist with the support of Psychology Graduate Student Clinicians.

<u>When:</u>	Thursdays (9:00-10:00am) October 22 (Parents Only), October 29, November 5, November 12, November 19 (Parents Only)
<u>Where:</u>	Mary J. Wright Child and Youth Development Clinic (Faculty of Education; Althouse College) 1137 Western Road, London ON N6G 1G7 Parking: Complimentary parking is available directly in front of the Mary J. Wright Child and Youth Development Clinic.
<u>Cost:</u>	\$150 for the Program Financial assistance is available for families
<u>Register & Learn More:</u>	Register at www.mjw-cydc.uwo.ca or You can also email or call Daniel Gibson at: cydc@uwo.ca (519-661-4257)