



EVERGREEN EVER GROWING PARENT LEARNING OPPORTUNITIES

Dealing with Explosive Behaviour Through Emotional Regulation

A 2-part workshop designed to help you support your child through big emotions and explosive behaviours. You will have opportunities to brainstorm and practice ways to be a source of co-regulation for your child. With effective use of these strategies, parents and caregivers are likely to see improvements in their children's appropriate behaviours, self-regulation and resilience. For caregivers of children aged 2 - 6.

In partnership with CASA Mental Health.



**2-Part Series
Wednesdays,
Nov. 18 & 25, 2026
9:30 – 11:30 AM**

Pre-registration is required.



**SCAN QR
CODE TO
REGISTER**

Family Connection Centre
5600 50th Street, Stony Plain
info@apfa.ca
780-963-0549

