

SELF-REG PARENTING COURSE

New for 2019!!

Join Dr. Laura Cesaroni in a guided offering of TMC's Self-Reg Parenting Course starting **April 8th, 2019**.



WITH THIS COURSE, YOU WILL RECEIVE:

Online Videos



Email Discussion



In person discussions



The Self-Reg Parenting Program, delivered through TMC's e-School, explains the principles of Shanker Self-Reg®, and practical ways parents can use Self-Reg to:

Gain a new way of understanding your child's behavior and how to respond.

Learn the impacts of excess stress on children's behavior and mood.

Come to understand your own stress and how it affects parenting and your family.

Identify and address the subtle and hidden stressors that affect children in ways that parents might not realize.

Find out how other parents use Self-Reg strategies to deal with real-life parenting situations and problems.

TOPICS INCLUDE:

What is stress? The science and lots of self-reflection.

What is self-regulation and why it matters?

Calm begets calm – what is your role?

What might be getting in the way between you and your child or educators and your child?

Growth and well-being for you and your child.

Private Access to 10 Online Video Modules and bi monthly group parent meetings at FERN, facilitated by FERN's Founder, Dr. Laura Cesaroni. Weekly emails from Laura with graphics, inspiration and discussion questions.

CERTIFICATE OF COMPLETION WILL BE AWARDED TO PARTICIPANTS WHO COMPLETED ALL MODULES.

Drs. Shanker and Hopkins provide the core information on Self-Reg and the Shanker Method® within each Module.

**This Facilitated Course allows all participants to CONNECT FACE TO FACE with other participants for informal discussions centered on the module contents. Parents can share their experiences of using Self-Reg strategies in real life and ask questions: *Saturday April 27th, May 25th, June 8th & 22nd@2:00pm
Dates are subject to change.**

Course Fee: \$110.00

To register please contact FERN directly 905-927-9276 or
fernnyorkregion@gmail.com