



**Children's
Treatment Network**

Online Self-Reg Parenting Course

Facilitated by CTN's Child and
Family Wellness Program



The Shanker Self-Reg Parenting course offers parents and caregivers of current and former CTN clients, a powerful opportunity to explore the underlying causes of behaviour, learning, motivation and social challenges in children and youth with disabilities and developmental needs.

**Four week course
Tuesdays from October 7 to 28, 2025
7 to 8:30 p.m.**

You will learn:

- How stress affects the mood and behaviour of you and your child.
- When and how to manage your own energy and tension.
- How families use self-regulation strategies in real-life situations.
- How understanding your own stress helps you "lend your calm" to your child.

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Register at
<http://bit.ly/45HAKp0>
or scan the QR code

If you have any questions,
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